

GUIDE TO COMPETITIVE FOODS IN SCHOOLS

Complying with State and Federal Laws for Food and Beverage Sales



CONNECTICUT STATE
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GUIDE TO COMPETITIVE FOODS IN SCHOOLS

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ABOUT THIS GUIDE

The Connecticut State Department of Education's (CSDE) *Guide to Competitive Foods in Schools* (CFG) provides information and guidance on complying with state and federal laws for competitive foods in public schools, private schools and residential child care institutions. The CFG is based on the stricter provisions of state and federal requirements including:

- Connecticut General Statutes (CG.S.) Sections 10-221q, 10-215e, 10-215f and 10-221p;
- state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- U.S. Department of Agriculture (USDA) Smart Snacks interim final rule (Federal Register Vol. 78, No. 125), as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA);
- USDA School Wellness Policy (Public Law 108-265 and the HHFKA); and
- USDA policies and guidance for competitive foods.

The CFG provides implementation guidance on the nutrition standards for foods and beverages required by the Connecticut Nutrition Standards, the state beverage statute and USDA Smart Snacks. It explains how the state and federal laws apply to competitive foods in a variety of settings, such as cafeterias, vending machines, school stores, fundraisers, concession stands, culinary arts programs, afterschool activities, summer school programs, meetings and other sources of competitive foods in schools.

The CFG includes the following sections:

- 1 — Overview
 - 2 — Requirements for Public Schools
 - Healthy Food Certification (HFC) Public Schools
 - Non-HFC Public Schools
 - 3 — Requirements for Private Schools and RCCIs
 - 4 — Summary of Food Restrictions
 - 5 — Summary of Beverage Restrictions
 - 6 — Resources
- Glossary

Each section contains links to other sections of the guide, when appropriate, and to Web sites with relevant information and resources. These can be accessed by clicking on the blue highlighted text throughout the guide.

The information in this guide is current as of **April 2015**. The CSDE will make revisions as needed, based on any future changes to state and federal laws and USDA policy guidance.

The mention of trade names, commercial products or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification.

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ABBREVIATIONS AND ACRONYMS

ASP	Afterschool Snack Program
CFR	Code of Federal Regulations
CGS	Connecticut General Statutes
CN	Child Nutrition
CNP	Child Nutrition Programs
CNS	Connecticut Nutrition Standards
CSDE	Connecticut State Department of Education
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HFC	Healthy Food Certification
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
NSLP	National School Lunch Program
RCCI	residential child care institution
RDA	Recommended Dietary Allowance
SBP	School Breakfast Program
SFA	school food authority
SMP	Special Milk Program
USDA	United States Department of Agriculture
WGR	whole grain-rich
WIC	Women, Infants and Children

1 — OVERVIEW

This guide provides information to help Connecticut public schools, private schools and residential child care institutions (RCCIs) comply with the state and federal laws for competitive foods in schools. It is based on Connecticut statutes and regulations, and regulations and policy from the U.S. Department of Agriculture (USDA).

COMPETITIVE FOODS

Schools and institutions can only sell competitive foods within certain time periods, and only if they meet specific nutrition standards. “**Competitive foods**” are all foods and beverages available for sale to students on school premises, other than meals served through the USDA school nutrition programs, i.e., National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP). They include all creditable and noncreditable foods and beverages available for sale on school premises outside of school meals, such as cafeteria a la carte sales, vending machines, school stores, fundraisers and any other sources.

- “**Creditable foods**” are foods and beverages that credit toward the USDA meal patterns for school nutrition programs. Creditable foods sold separately from school meals are competitive foods. Examples include 100 percent juice, low-fat unflavored milk, entrees (such as pizza and turkey sandwich), soup, low-fat yogurt, fruits, vegetables, french fries, brown rice and whole grain-rich (WGR) crackers, cookies, muffins and pasta. For information on crediting foods, see the CSDE’s [Menu Planning Guide for School Meals](#).
- “**Noncreditable foods**” are foods and beverages that do not credit toward the USDA meal patterns. Examples include bottled water, whole and reduced fat (2%) milk, potato chips, ice cream, pudding and grain-based foods that are not WGR, e.g., crackers, cookies, cake, brownies, muffins and pies. For more information, see the CSDE’s handout, [Noncreditable Foods](#).

The federal requirements for competitive foods apply during the **school day**, which is the period from midnight before to 30 minutes after the end of the official school day. The state nutrition standards and beverage statute for public schools apply at all times, unless the food and beverage sales comply with specific exemption criteria.



STATE AND FEDERAL REQUIREMENTS

Effective July 1, 2014, public schools, private schools and RCCIs participating in the NSLP and SBP must comply with the USDA Smart Snacks nutrition standards for competitive foods. These standards are defined by the USDA interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School*, as required by the Healthy, Hunger-Free Kids Act of 2010. The Smart Snacks standards do not apply to the ASP or SMP. However, the USDA encourages ASPs and SMPs to use Smart Snacks to improve the overall school nutrition environment.

In addition to Smart Snacks, Connecticut schools and institutions must also comply with some stricter provisions of state statutes and regulations. These requirements depend on the type of school (public, private or RCCI) and participation in the USDA school nutrition programs.

- Foods in Public Schools:** Foods sold to students separately from reimbursable meals in public schools that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must comply with the Connecticut Nutrition Standards (CNS). The CNS requirements exceed the Smart Snacks standards for foods. Competitive foods sold in non-HFC public schools must comply with Smart Snacks. All public schools (HFC and non-HFC) must comply with the state requirement to sell nutritious low-fat foods (C.G.S. Section 10-221p) and the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies).
- Beverages in Public Schools:** All beverages sold to students in public schools (HFC and non-HFC) must comply with the state beverage requirements of C.G.S. Section 10-221q, and any Smart Snacks beverage standards that are stricter. Smart Snacks applies only to beverages sold separately from school meals during the school day. The state beverage statute applies to all beverages sold as part of school meals and separately from school meals at all times, unless the sales meet specific exemption criteria. Beverages must also comply with any stricter provisions of the state competitive foods regulations.
- Foods and Beverages in Private Schools and RCCIs:** Competitive foods and beverages sold in private schools and RCCIs must comply with Smart Snacks. They must also comply with any stricter provisions of the state competitive foods regulations.

Competitive foods and beverages sold in all school nutrition programs must also comply with any local restrictions developed by the school food authority (SFA) under the USDA school wellness policy requirements of the Child Nutrition and WIC Reauthorization Act of 2004 (Section 4 of Public Law 108-265) and the Healthy, Hunger-Free Kids Act of 2010.

Table 1 summarizes the state and federal requirements for competitive foods in Connecticut schools and institutions, based on the type of school and participation in the USDA school nutrition programs. The CSDE's handout, *Comparison Chart of USDA Smart Snacks Standards and Connecticut Nutrition Standards*, summarizes the differences between the state and federal nutrition standards for competitive foods.

Table 1. State and Federal Laws for Competitive Foods

	Participating in USDA School Nutrition Programs			NOT Participating in USDA School Nutrition Programs		
	Public Schools	Private Schools	RCCIs	Public Schools	Private Schools	RCCIs
STATE: C.G.S. Section 10-215e : Connecticut Nutrition Standards	✓*					
STATE: C.G.S. Section 10-215f : Healthy Food Certification	✓					
STATE: C.G.S. Section 10-221q : Beverage Requirements	✓			✓		
STATE: C.G.S. Section 10-221p : Nutritious and Low-fat Foods Available for Sale	✓			✓		
STATE: Section 10-215b-1 of the Regulations of Connecticut State Agencies : Extra Food Items	✓	✓	✓			
STATE: Section 10-215b-23 of the Regulations of Connecticut State Agencies : Accrual of Income	✓	✓	✓			
FEDERAL: USDA Smart Snacks interim final rule (Federal Register, Vol. 78, No. 125, June 28, 2013)	✓*	✓	✓			
FEDERAL: USDA School Wellness Policy (Public Law 108-265) and the Healthy, Hunger-Free Kids Act of 2010)	✓	✓	✓			

* Public schools that choose to implement the healthy food option of HFC under C.G.S. Section 10-215f must comply with the CNS instead of Smart Snacks.



Table 2 summarizes when the state and federal nutrition standards apply to foods and beverage sold to students in Connecticut schools and institutions.

Table 2. State and Federal Nutrition Standards			
Nutrition Standards	Public Schools		Private Schools and RCCIs
	HFC	Non-HFC	
Foods	Public schools that choose the healthy food option of HFC under C.G.S. Section 10-215f must comply with the CNS for all foods sold to students separately from school meals on school premises. The CNS applies at all times , except for sales that meet specific exemption criteria. For more information, see “Food Exemptions” in section 2.	Public school districts that do not choose the healthy food option of HFC under C.G.S. Section 10-215f must comply with the USDA Smart Snacks nutrition standards for all foods sold to students separately from school meals, on school campus during the school day .*	Private schools and RCCIs must comply with the USDA Smart Snacks nutrition standards for all foods sold to students separately from school meals, on school campus during the school day .*
Beverages	Public schools must comply with the state beverage requirements of C.G.S. Section 10-221q and any stricter provisions of the Smart Snacks beverage standards. The state beverage statute applies to beverages sold to students as part of reimbursable meals and separately from school meals (a la carte) on school premises at all times , except for sales that meet specific exemption criteria. For more information, see “Beverage Exemptions” in section 2.	Public schools must comply with the state beverage requirements of C.G.S. Section 10-221q and any stricter provisions of the Smart Snacks beverage standards. The state beverage statute applies to beverages sold to students as part of reimbursable meals and separately from school meals (a la carte) on school premises at all times , except for sales that meet specific exemption criteria. For more information, see “Beverage Exemptions” in section 2.	Private schools and RCCIs must comply with the USDA Smart Snacks beverage standards for all beverages sold to students separately from school meals, on school campus during the school day .*
* The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant foods and beverages on school premises at all times.			

[Section 2](#) of the Crediting Foods Guide provides guidance on the state and federal requirements for competitive foods in public schools. HFC and non-HFC public schools are addressed separately. [Section 3](#) provides guidance on the state and federal requirements for competitive foods in private schools and RCCIs. Sections 4 and 5 indicate how these state and federal requirements apply to specific categories of foods and beverages sold to students in Connecticut schools and institutions.

SCHOOL WELLNESS POLICY

The Child Nutrition and WIC Reauthorization Act of 2004 ([Section 4 of Public Law 108-265](#)), and the [Healthy, Hunger-Free Kids Act of 2010](#) require school wellness policies for all public schools, private schools and RCCIs that participate in the USDA school nutrition programs. At a minimum, the local wellness policy must:

- include **goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- include **nutrition guidelines** to promote student health and reduce childhood obesity for all foods available in each school district;
- permit parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to **participate** in the development, implementation, and review and update of the local wellness policy;
- **inform and update** the public (including parents, students and others in the community) about the content and implementation of local wellness policies; and
- be **measured** periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.



Schools and institutions may choose to include additional features or integrate student wellness with other ongoing programs, such as coordinated school health initiatives and community-based programs. Federal law requires that school wellness policies must address the five areas above, but the actual content of each area is locally determined by the individual school district or institution.

Each school wellness policy has its own specific requirements regarding what foods and beverages can be sold or given to students at school. At a minimum, the SFA's school wellness policy for food and beverage sales must meet all applicable state and federal nutrition standards and requirements. In addition, some schools and institutions choose to address other sources of foods and beverages at school, such as classroom celebrations and food rewards. The resources below provide more information on school wellness policies.

- *Action Guide for School Nutrition and Physical Activity Policies* (CSDE)
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436
- Local School Wellness Policy (USDA Web page)
www.fns.usda.gov/tn/local-school-wellness-policy
- School Wellness Policies (CSDE Web page)
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438



2 — PUBLIC SCHOOLS

State and federal laws govern the sale of competitive foods to students in Connecticut public schools. “**Public schools**” include the regional educational service centers (RESCs), the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies.

“**Sale**” means the exchange of foods or beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens and similar items. This also includes any activities that suggest a student donation in exchange for foods and beverages. Potential sources of food and beverage sales in schools include cafeteria a la carte sales, vending machines, school stores, fundraisers and any other food and beverage sales available to students on school premises.



Several state laws restrict the sale of competitive foods on school premises. The state beverage requirements of C.G.S. Section 10-221q apply to all public schools at all times, except for sales that meet specific exemption criteria. The nutrition standards for foods depend on whether the public school district chooses to implement the healthy food option of HFC under C.G.S. Section 10-215f.

- **Competitive beverages sold in public schools** (HFC and non-HFC) must comply with the state beverage requirements (C.G.S. Section 10-221q), any stricter provisions of the Smart Snacks beverage standards, and the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies).
- **Competitive foods sold in HFC public schools** must comply with the CNS, the state competitive foods regulations and the state requirement to sell nutritious low-fat foods (C.G.S. Section 10-221p).
- **Competitive foods sold in non-HFC public schools** must comply with the Smart Snacks nutrition standards, the state competitive foods regulations and the state requirement to sell nutritious low-fat foods (C.G.S. Section 10-221p).

The state competitive foods regulations apply differently to HFC and non-HFC public schools because HFC public schools must follow stricter nutrition standards. For information on the state competitive foods regulations in HFC public schools, see “[State Competitive Foods Regulations in HFC Public Schools](#)” in this section. For information on the state competitive foods regulations in non-HFC public schools, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.

Competitive foods and beverages sold in public schools must also comply with any local restrictions of the district’s school wellness policy. For more information, see “[School Wellness Policy](#)” in section 1.

Table 3 summarizes the state and federal laws regarding the sale of competitive foods and beverages to students in public schools.

Table 3. Requirements for Competitive Foods in Public Schools		
State and Federal Laws	HFC	Non-HFC
STATE: C.G.S. Section 10-215e : Connecticut Nutrition Standards	✓	
STATE: C.G.S. Section 10-215f : Healthy Food Certification	✓*	✓*
STATE: C.G.S. Section 10-221q : Beverage Requirements	✓	✓
STATE: C.G.S. Section 10-221p : Nutritious and Low-fat Foods Available for Sale	✓	✓
STATE: Section 10-215b-1 of the Regulations of Connecticut State Agencies : Extra Food Items	✓	✓
STATE: Section 10-215b-23 of the Regulations of Connecticut State Agencies : Accrual of Income	✓	✓
FEDERAL: USDA Smart Snacks interim final rule (Federal Register, Vol. 78, No. 125, June 28, 2013)	✓	✓
FEDERAL: USDA School Wellness Policy (Public Law 108-265) and the Healthy, Hunger-Free Kids Act of 2010	✓	✓
* All public schools participating in the NSLP must certify annually whether they will implement the healthy food option of HFC under C.G.S. Section 10-215f. District that choose the healthy food option must comply with the CNS. Districts that choose not to implement the healthy food option must comply with Smart Snacks.		

Two state statutes apply to all public schools, regardless of whether they choose the healthy food option of HFC under Section 10-215f or participate in the USDA school nutrition programs.

- The state beverage requirements (C.G.S. Section 10-221q) apply to all public schools at **all times**, except for sales that meet specific exemption criteria.
- The state requirement to sell nutritious low-fat foods (C.G.S. Section 10-221p) applies to all public schools during the **school day**.

This section provides an overview of these two statutes.

BEVERAGE REQUIREMENTS FOR PUBLIC SCHOOLS

The state beverage requirements of C.G.S. Section 10-221q apply to all beverages sold to students in public schools as part of school meals and separately from school meals. “**School premises**” include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.



The state beverage statute applies to all public schools regardless of whether they choose the healthy food option of HFC under Section 10-215f or participate in the USDA school nutrition programs. Beverages must also comply with any stricter provisions of the Smart Snacks beverage standards.

The state beverage statute applies to all beverages offered for sale to students on school premises at all times, in all schools and from all sources, such as cafeterias, vending machines, school stores and fundraisers. Table 4 shows examples of potential sources of beverage sales to students in public schools. This list is not all-inclusive.

Table 4. Potential Sources of Beverage Sales in Public Schools*

- | | |
|--|---|
| <ul style="list-style-type: none"> ■ Adult education programs operated by the board of education ■ Afterschool enrichment programs that charge students to participate and the fee includes the cost of beverages ■ Cafeteria a la carte sales ■ Classroom parties that collect a fee to cover the cost of beverages provided to students ■ Clubs and organizations that charge students to participate and the fee includes the cost of beverages ■ Culinary arts programs** ■ Family and consumer sciences classes** ■ Family resource centers** ■ Fundraisers conducted by school groups and non-school groups ■ Programs and meetings that charge students to participate and the fee includes the cost of beverages | <ul style="list-style-type: none"> ■ Recipient schools under interschool agreements ■ School meals ■ School stores, kiosks and other school-based enterprises ■ Seamless Summer Food Program (SSFP) and Summer Food Service Program (SFSP) operated by the board of education (only if beverages are sold separately from SSFP and SFSP meals)** ■ Sports programs that charge students to participate and the fee includes the cost of beverages ■ Summer school programs (e.g., enrichment or exploratory) operated by the board of education ■ USDA Afterschool Snack Program (ASP) ■ Vending machines ■ Any other programs, organizations and activities selling beverages to students |
|--|---|

* The state beverage requirements of C.G.S. Section 10-221q apply to **all beverage sales** in public schools (HFC and non-HFC) at any time on school premises, including beverages sold as part of school meals and separately from school meals.

** The state beverage statute does not apply if beverages are **given** to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.

Allowable Beverages

C.G.S. Section 10-221q applies to all beverages sold to students as part of school meals and separately from school meals in all public schools. This statute allows five categories of beverages to be sold to students in public schools at all times and from all sources, including, but not limited to, cafeterias, vending machines, school stores and fundraisers. Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for water, which is unlimited.

Table 5 summarizes the beverage requirements for public schools. These requirements include the stricter provisions of the state beverage statute and the Smart Snacks beverage standards.

Table 5. Beverages Allowed by C.G.S. Section 10-221q	
<ul style="list-style-type: none"> ■ MILK, LOW-FAT (1%) UNFLAVORED AND NONFAT FLAVORED OR UNFLAVORED, with no more than 4 grams of sugar per fluid ounce and no artificial sweeteners.* ■ NONDAIRY MILK SUBSTITUTES SUCH AS SOY OR RICE MILK (FLAVORED OR UNFLAVORED) that comply with the USDA nutrition standards for nutritionally equivalent milk alternatives** and contain no artificial sweeteners,* no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat. 	<ul style="list-style-type: none"> ■ 100 PERCENT JUICE (FRUIT, VEGETABLE OR COMBINATION), containing no added sweeteners.* ■ BEVERAGES THAT CONTAIN ONLY WATER AND FRUIT OR VEGETABLE JUICE with no added sweeteners* and that meet the requirements specified in the CSDE's handout, Requirements for Beverages Containing Water and Juice. ■ WATER (PLAIN OR CARBONATED), which may be flavored but contains no added sweeteners or caffeine.*
<p>* Sweeteners include nutritive (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and nonnutritive sweeteners without calories. Nonnutritive sweeteners include artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), “natural” sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol, mannitol, maltitol and erythritol).</p> <p>** For information on the USDA's nutrition standards for nondairy milk substitutes, see the CSDE's handout, Allowable Milk Substitutes for Nondisabled Children.</p>	

The CSDE's [List of Acceptable Foods and Beverages](#) includes brand-specific beverages that comply with all state and federal beverage requirements.



Beverage Exemptions

Beverages that do not comply with the requirements of C.G.S. Section 10-221q can only be sold to students in public schools if the local board of education or school governing authority has voted to allow exemptions, and the beverages are sold at the location of an event that occurs after the school day or on the weekend, provided they are not sold from vending machines or school stores. For example, if the school day ends at 3:00 p.m., beverages that do not meet the requirements of state statute can be sold at the location of an event held anytime during the period of 3:31 p.m. through 11:59 p.m.

- The “**school day**” is the period from midnight before to 30 minutes after the end of the official school day.
- An “**event**” is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and interscholastic debates are events but soccer practices, play rehearsals and debate team meetings are not. Table 6 shows additional examples of events.

Table 6. Examples of Events*

■ Awards banquets	■ Math team competitions	■ Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball and cross county
■ Boy Scout Blue & Gold Dinners	■ Mock trial competitions	■ Talent shows
■ Craft fairs	■ School carnivals	■ Theatrical productions
■ Debate team competitions	■ School concerts	
■ Election day (if school is not in session)	■ School dances	
■ Family bingo nights	■ School fairs, e.g., health, science and math	
■ Field days	■ Silent auctions	
	■ Sports banquets	

* This list is not all-inclusive. For questions regarding whether specific district fundraising activities meet the definition of “event,” contact the CSDE (see “[CSDE Contact Information](#)” at the beginning of this Guide).

- “**Location**” means where the event is being held. For example, lemonade can be sold at the baseball field during a baseball game, but cannot be sold in the school cafeteria while a game is played on the baseball field.

Beverage exemptions are not part of the annual HFC Statement (ED-099 Addendum). The exemption section of the HFC Statement applies only to competitive foods. The board of education or school governing authority must vote separately to allow any sales of noncompliant beverages in the district’s schools. Sales of noncompliant beverages must meet the exemption criteria specified above.

For more information on the state beverage requirements, see the CSDE’s handout, [Allowable Beverages in Connecticut Schools](#), and [Beverage Requirements](#) Web page. For additional resources, see [section 6](#).

Prohibited Beverages

Prohibited beverages include all beverages that do not meet the requirements of C.G.S. Section 10-221q. **Beverages that comply with Smart Snacks cannot be sold to students in public schools unless they also comply with the state beverage statute.** Table 7 shows examples of prohibited beverages. This list is not all-inclusive. For more information on acceptable and unacceptable beverages, see [table 23](#) in section 5.

Table 7. Examples of Beverages Prohibited by C.G.S. Section 10-221q

The mention of trade names and commercial products does not imply approval or endorsement by the CSDE or USDA. Product names are used solely for clarification.

- **Coffee** (regular, decaffeinated, herbal and iced)
- **Tea** (regular, decaffeinated, herbal and iced)
- **Sports drinks** (regular, low-calorie and zero calorie), e.g., Gatorade and Powerade
- **Energy drinks**, e.g., Red Bull
- **Hot chocolate** (regular, low-calorie and low-sugar)
- **Whole milk and reduced fat (2%) milk**
- **Nondairy milk substitutes** (such as soy milk, rice milk and almond milk) that do not comply with the USDA nutrition standards for fluid milk substitutes*
- **Sweetened juice drinks**** (with or without carbonation) that are not 100 percent juice, e.g., Hawaiian Punch (high fructose corn syrup), Tropicana Twisters (high fructose corn syrup), Tropicana Trop50 (Reb A), Minute Maid Light Orange Juice Beverage (sucralose and acesulfame potassium), Minute Maid Coolers (high fructose corn syrup, sugar)
- **Milk-based beverages** that do not meet the federal standard of identity for fluid milk, e.g., Yoo-Hoo chocolate drink
- **Waters (with or without carbonation) with added sweeteners*****, e.g., Propel Flavored Water Beverage with Vitamins (sucralose and acesulfame potassium), Glaceau Vitamin Water (crystalline fructose and cane sugar), Capri Sun Roarin' Waters Fruit Flavored Water Beverage (high fructose corn syrup and sucralose), Kool-Aid Jammers (high fructose corn syrup), Fruit20 Flavored Sparkling Water Beverage (sucralose), Dasani Flavored Water Beverage (sucralose and acesulfame potassium), Aquafina Flavorsplash Water (sucralose)
- **Waters mixed with drink mix powders with added sweeteners***** (regular and diet), e.g., Crystal Light Pure Fitness (evaporated cane juice, sugar, rebiana)
- **Water and juice beverages with added sweeteners*** or ingredients not allowed** (see [Requirements for Beverages Containing Water and Juice](#)), e.g., Minute Maid Fruit Falls Water Beverage (sucralose and acesulfame potassium), Izze Sparkling Juice (additional fortification)

* For information on the USDA's nutrition standards for nondairy milk substitutes, see the CSDE's handout, [Allowable Milk Substitutes for Nondisabled Children](#).

** A **juice drink** is a product resembling juice that contains some portion of full-strength juice with added water and possibly other ingredients such as sweeteners and flavorings. The label may indicate "contains juice," "fruit flavored" or give the percentage of juice, such as "contains 15% juice." A product labeled "100% natural" or "provides 100% vitamin C" is not an indication of 100 percent juice. Examples of juice drinks include grape juice drink, orange juice drink, pineapple-grapefruit beverage and cranberry cocktail. These products may be labeled drink, beverage, cooler, cocktail, ade, (e.g., lemonade, limeade), nectar or punch.

*** Sweeteners include **nutritive** (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial** sweeteners (e.g., acesulfame potassium, aspartame and sucralose), "**natural**" sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia and SweetLeaf) and **sugar alcohols** (e.g., sorbitol, mannitol, maltitol and erythritol).

REQUIREMENT TO SELL NUTRITIOUS LOW-FAT FOODS IN PUBLIC SCHOOLS

C.G.S. Section 10-221p requires that whenever foods are available for purchase by students during the regular school day (the period from midnight before to 30 minutes after the end of the official school day), nutritious and low-fat foods must also be available for sale, either at the location of the food sales or elsewhere on school premises at the same time. **This statute applies to all public schools (HFC and non-HFC), regardless of whether they participate in the NSLP and SBP.**

For the purposes of this statute, **“nutritious and low-fat foods”** include low-fat dairy products and fresh or dried fruit. Examples of low-fat dairy products include low-fat or nonfat yogurt, cheese and cottage cheese. Low-fat milk is a beverage and cannot be used to meet the statutory requirements for low-fat dairy products. Schools may choose to sell other nutrient-dense foods in addition to the minimum requirements, such as vegetables, whole grains, nuts and seeds, and lean protein sources.

C.G.S. Section 10-221p also applies to the **distribution** of foods on school premises, such as foods pre-ordered through fundraisers. If fundraiser foods are distributed to students at school, the nutritious low-fat foods specified in the statute must be available for purchase when student pick up the fundraiser foods. An example is a fundraiser where students sell foods off school premises, deliver fundraiser orders and money to school and pick up the foods at school. The intent of the statute is that when food is made available to students, there are also healthy alternatives.

For HFC public schools, any fundraiser foods that are distributed to students at school must comply with the CNS. If students deliver fundraiser orders and money to school and pick up the foods at school, the fundraiser is selling foods to students on school premises. For more information, see [“Fundraiser Catalogs and Orders in HFC Public Schools”](#) under “Requirements for HFC Public Schools.”

For more information on C.G.S. Section 10-221p, see the CSDE’s handout, [Questions and Answers on Connecticut Statutes for School Foods and Beverages](#).



The following sections provide an overview of the state and federal requirements for competitive foods in Connecticut public schools. The requirements for HFC and non-HFC public schools are addressed separately.

HFC

Requirements for HFC Public Schools

This section provides an overview of the requirements for public schools choosing to implement the healthy food option of HFC under C.G.S. Section 10-215f.

HEALTHY FOOD CERTIFICATION

C.G.S. Section 10-215f requires that each board of education or governing authority for all public schools participating in the NSLP must certify annually to the CSDE whether they will comply with the CNS for all food items sold to students on school premises separately from reimbursable school meals. “**School premises**” include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.

The CNS applies to all competitive foods offered for sale to students at all times, in all schools and from all sources, such as cafeterias, vending machines, school stores and fundraisers. Table 8 shows examples of potential sources of food sales to students in HFC public schools. This list is not all-inclusive.

Table 8. Potential Sources of Food Sales in Public Schools*

<ul style="list-style-type: none"> ■ Adult education programs operated by the board of education ■ Afterschool enrichment programs that charge students to participate and the fee includes the cost of foods ■ Cafeteria a la carte sales ■ Classroom parties that collect a fee to cover the cost of foods provided to students ■ Clubs and organizations that charge students to participate and the fee includes the cost of foods ■ Culinary arts programs** ■ Family and consumer sciences classes** ■ Family resource centers** ■ Fundraisers conducted by school groups and non-school groups ■ Programs and meetings that charge students to participate and the fee includes the cost of foods 	<ul style="list-style-type: none"> ■ Recipient schools that elect to participate in HFC under interschool agreements ■ School stores, kiosks and other school-based enterprises ■ Seamless Summer Food Programs and Summer Food Service Programs operated by the board of education (only if foods are sold a la carte)** ■ Sports programs that charge students to participate and the fee includes the cost of foods ■ Summer school programs (e.g., enrichment or exploratory) operated by the board of education ■ USDA Afterschool Snack Program (ASP) ■ Vending machines ■ Any other programs, organizations and activities selling foods to students
<p>* The CNS applies to foods sold to students separately from reimbursable meals.</p> <p>** The CNS does not apply if foods are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.</p>	

HFC districts receive an additional 10 cents per lunch based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year. For more information on HFC, see the CSDE’s [Healthy Food Certification](#) Web page.

CONNECTICUT NUTRITION STANDARDS

The CNS limits calories, fat, saturated fat, sodium and added sugars, eliminates trans fat, and promotes more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes and lean meats. These standards are based on current nutrition science and national health recommendations from the *Dietary Guidelines for Americans* and national health and nutrition organizations. The CNS requirements exceed the USDA Smart Snacks nutrition standards for foods.

The CNS categories of competitive foods include Snacks, Entrees Sold Only A La Carte, Non-entree Combination Foods, Fruits and Vegetables, Cooked Grains and Soups. Allowable foods must comply with **general nutrition standards** and **specific nutrient standards** for calories, fat, saturated fat, trans fat, sugar, sodium and caffeine. Some food categories have exemptions for certain nutrient-rich food items that are naturally higher in fat (such as nuts and seeds) or sugars (such as dried fruit). All fruits and vegetables without added fat, sugar and salt are exempt from the CNS.

An overview of each CNS category follows. For more resources on the CNS, see [section 6](#). The requirements for beverages are separate from the CNS. For more information, see “[Beverage Requirements for Public Schools](#)” at the beginning of this section.

For information on the general standards and nutrient standards for each CNS category, see the CSDE’s handout, [Summary of Connecticut Nutrition Standards](#), and the full standards document, [Connecticut Nutrition Standards for Foods in Schools](#)

Snacks

This category includes a large variety of snack and dessert foods. Examples include:



- snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix and trail mix;
- breakfast cereals, e.g., cold ready-to-eat cereals and cooked hot cereals such as oatmeal;
- nuts, seeds and trail mix;
- peanut butter and other nut butters, e.g., almond butter and sunflower seed butter;
- dried meat snacks, e.g., beef jerky and meat sticks;
- desserts, e.g., cookies, brownies, cake, pie and pudding;
- cereal bars and granola bars;
- bakery items, e.g., pastries, toaster pastries, muffins, waffles, pancakes, French toast, soft pretzels, rolls and buns;
- frozen desserts, ice cream and ice cream novelties;
- cheese, e.g., low-fat cheese sticks and low-fat cheese cubes;
- yogurt and soy yogurt; and
- smoothies containing low-fat yogurt and fruits/vegetables/100 percent juice.



HFC

Entrees Sold Only A La Carte

The entree standards apply only to entree items that are **sold only a la carte**, i.e., entrees that are **not** part of reimbursable meals. Entree items that are sold a la carte on the **same day** that they are planned and served as part of reimbursable meals are exempt from the CNS if they are the same or smaller portion size as the NSLP and SBP and have the same accompaniments (see table 9). They must also meet the trans fat standard and cannot contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols or chemically altered fat substitutes.

Table 9. Compliance of Entrees with the CNS	
EXEMPT FROM CNS	CNS APPLY
<p>Sold as Part of Reimbursable Meals and A La Carte on the Same Day</p> 	<p>Sold Only A La Carte</p> 

Entrees include three categories of main dish food items:

- a combination food of **meat/meat alternate and WGR** food, e.g., breakfast egg sandwich on a whole-wheat English muffin, lasagna made with WGR noodles, turkey wrap on whole-wheat tortilla, pizza with WGR crust, hamburger on a whole-grain bun and bean burrito in a whole-corn tortilla;
- a combination food of **vegetable/fruit and meat/meat alternate**, e.g., chef's salad with turkey, cheese and hard-boiled egg, fruit and cheese platter, yogurt and fruit parfait, school-made yogurt and fruit smoothies, baked potato with chili and chicken vegetable stir-fry; and
- a **meat/meat alternate alone**, e.g., sausage patty, hard-boiled egg, grilled chicken and sliced turkey, with the exception of yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks. These foods are in the "Snacks" category.



Table 10 shows examples of foods in each entree category.

Table 10. Examples of Entrees for the CNS

Combination Food of Meat/Meat Alternate and WGR Food**Combination Food of Vegetable/Fruit and Meat/Meat Alternate****Meat/Meat Alternate Alone***

* The category of “meat/meat alternate alone” does not include yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks e.g., jerky and meat sticks. These foods are in the “Snacks” category and must comply with the CNS.

Non-entree Combination Foods

This category includes combination foods (foods that contain more than one food component) that are not entrees, such as WGR vegetable egg rolls, carrot sticks with peanut butter and vegetables with hummus dip. Foods in this category either do not meet the main dish entree criteria or do not provide the minimum meal pattern requirements for meat/meat alternates and grains, or meat/meat alternates alone.

HFC

Fruits and Vegetables

Fruits include fresh, frozen, canned and dried fruits. Vegetables include fresh, frozen and canned vegetables. The following categories of fruits and vegetables are exempt from all CNS requirements:

- **fresh and frozen fruits and vegetables** with no added ingredients except water;
- **canned fruits** with no added ingredients except water or that are packed in 100 percent juice, extra light syrup or light syrup, all without added artificial sweeteners, nonnutritive sweeteners, sugar alcohols or fats (including chemically altered fat substitutes); and
- **canned vegetables** with no added ingredients except water or that contain no added ingredients except a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable.

Cooked Grains

This category includes cooked cereal grains such as WGR pasta, brown rice, quinoa and bulgur. Cooked breakfast cereals like oatmeal are in the “Snacks” category and are must comply with the standards for that category.

**Soups**

This category includes ready-to-serve, canned, frozen and rehydrated soups.

COMPLYING WITH THE CNS

To be allowed for sale to students, a competitive food item must meet at least one general standard and all nutrient standards for the specific food category to which it belongs. All foods are evaluated for compliance with the CNS based on the amount of the food item **as served**, including any added accompaniments such as butter, cream cheese, syrup, ketchup, mustard and salad dressing. Table 11 shows examples of accompaniments typically served with foods in each CNS category.

Table 11. Examples of Accompaniments Served with Foods in the CNS Categories*

ENTREE SOLD ONLY A LA CARTE

- Chicken nuggets with **dipping sauce**
- Hamburger or hotdog with **ketchup, mustard and relish**
- Meatloaf with **gravy**
- Quesadilla with **spicy salsa**
- Stir-fry chicken and vegetables with **duck sauce**
- Tacos with **taco sauce**
- WGR pasta and meat sauce with **grated cheese**



SNACKS

- Oatmeal with **brown sugar**
- Pancakes, waffles or French toast with **maple syrup or fruit sauce**
- Potato chips with **dip**
- Pudding with **whipped cream**
- WGR bagel with **cream cheese**
- Whole-grain toast with **butter and jam**
- WGR muffin, cornbread and roll with **margarine or butter**
- Whole-corn nachos with **cheese sauce**

NON-ENTREE COMBINATION FOODS

- Vegetable egg roll with **duck sauce**

COOKED GRAINS

- Brown rice with **duck sauce**
- WGR pasta cooked with **oil, margarine or butter**
- WGR pasta with **marinara sauce**

FRUITS AND VEGETABLES

- Apple crisp with **whipped cream**
- Apple slices with **caramel dipping sauce**
- Carrots with **low-fat dressing**
- French fries with **ketchup**
- Salad with **low-fat dressing**
- Vegetables cooked with **oil, margarine or butter**

SOUPS

- Black bean soup with **sour cream**
- Clam chowder with **oyster crackers**
- French onion soup with **croutons**
- Tomato soup with **grated cheese**

* Foods are evaluated for compliance with the CNS based on the amount of the food item **as served**, including any added accompaniments.

Commercial food products that comply with the CNS are included on the CSDE's [List of Acceptable Foods and Beverages](#). To determine whether school-made foods comply with the CNS, districts must conduct a nutrient analysis of their recipes. For more information, see the CSDE's [Evaluating Foods for Compliance with CNS](#) Web page.

HFC

Food Exemptions

Foods that do not comply with the CNS can only be sold to students on school premises if the local board of education or school governing authority has voted to allow food exemptions as part of the annual HFC Statement, and the foods are sold at the location of an event held after the school day or on the weekend, but not from vending machines or school stores. For example, if the school day ends at 3:00 p.m., foods that do not comply with the CNS can be sold at the location of an event held anytime during the period of 3:31 p.m. through 11:59 p.m.

- **“School premises”** include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.
- The **“school day”** is the period from midnight before to 30 minutes after the end of the official school day.
- An **“event”** is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and interscholastic debates are events but soccer practices, play rehearsals and debate team meetings are not. For more examples of events, see [table 6](#) under “Beverage Exemptions” at the beginning of this section.
- **“Location”** means where the event is being held. For example, cupcakes can be sold at the soccer field during a soccer game, but cannot be sold in the school cafeteria while a game is played on the soccer field.

The vote to allow food exemptions is part of the district’s annual [HFC Statement](#) (Addendum to Agreement for Child Nutrition Programs, ED-099) that districts must submit to the CSDE by July 1 of each year. For more information on the HFC application process, see the CSDE’s [Application Forms for Healthy Food Certification](#) Web page.

For additional information on the CNS, see the CSDE’s [Connecticut Nutrition Standards](#) Web page. For resources on complying with HFC and the CNS, see [section 6](#).



APPLICATION OF THE CNS AND STATE BEVERAGE STATUTE

All foods sold separately from reimbursable meals in HFC public schools must comply with the CNS. All beverages sold in public schools as part of school meals and separately from school meals must comply with the stricter provisions of the state beverage statute and the Smart Snacks beverage standards. The CNS and state beverage statute apply at all times unless the local board of education or school governing authority has voted to allow food and beverage exemptions, and the sales are at the location of an event held after the school day or on the weekend. Noncompliant foods can never be sold from vending machines or school stores. For more information, see [“Food Exemptions”](#) and [“Beverage Exemptions”](#) in this section.

The CNS, state beverage statute and Smart Snacks do not apply when foods and beverages are given to students. **“Given”** means that foods and beverages are provided free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.

This section summarizes when the CNS and state beverage statute apply to competitive foods and beverages in HFC public schools. The beverage requirements include the stricter provisions of the state beverage statute and the Smart Snacks beverage standards. For more information, see [“Allowable Beverages”](#) at the beginning of this section.

The CSDE's [List of Acceptable Foods and Beverages](#) includes brand-specific commercial foods and beverages that meet all state and federal nutrition standards.

Sales to Students in HFC Public Schools

The CNS and state beverage statute apply only to the sale of foods and beverages to students. **“Sale”** means the exchange of foods and beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens and similar items. If students can redeem tickets, tokens or similar items for foods and beverages, the CNS and state beverage statute apply to these foods and beverages. Sales also include:

- any activities that suggest a student donation in exchange for foods and beverages; and
- any activities that charge a fee that includes the cost of foods and beverages provided to students.

For more information, see [“Afterschool Programs and Activities in HFC Public Schools,”](#) [“Sports Practices in HFC Public Schools”](#) and [“School Celebrations in HFC Public Schools”](#) in this section.



HFC

Sales to Adults in HFC Public Schools

The CNS and state beverage statute do not apply when foods and beverages are sold to non-students, such as school staff, parents and other adults. Schools can sell any foods and beverages to adults at any time, either on or off school premises. However, the CNS and state beverage statute apply if students sell foods and beverages to adults off school premises, deliver the fundraiser orders and money to school, and pick up the food and beverage items at school. For more information, see “[Fundraiser Catalogs and Orders in HFC Public Schools](#)” in this section.

Adult Education Programs in HFC Public Schools

The state statutes for foods and beverages do not address an age limit for students or distinguish between regular and adult education programs. Therefore, the CNS and state beverage statute apply to foods and beverages sold to adults who are “students” in adult education programs under the board of education’s jurisdiction, if the food and beverage sales are under the **control** of the adult education program.

The CNS and state beverage statute do not apply if the district rents, leases or borrows building space for an adult education program, and the building owner maintains any sources of food and beverage sales such as vending machines or food kiosks. For more information, see the CSDE’s memo, [Requirements for Selling Foods and Beverages in Adult Education Programs](#).

ASP in HFC Public Schools

The CNS and state beverage statute apply to all foods and beverages served in the USDA ASP. ASP menus must comply with the USDA [meal pattern](#) requirements, the CNS and state beverage statute. For information on the ASP meal pattern requirements, see the CSDE’s [Afterschool Snack Program](#) Web page.

**Summer School Programs in HFC Public Schools**

Summer school programs operated by the board of education or school governing authority are ineligible for food and beverage exemptions because they are considered to be part of the regular school day. The CNS and state beverage statute apply to any foods and beverages available for sale to students during summer school programs on school premises. They also apply if the summer school program charges a fee that includes the cost of foods and beverages provided to students.

Interschool Agreements in HFC Public Schools

The CNS applies to all competitive foods sold to students in public schools that receive meals under contract from a HFC public school district, if the interschool agreement indicates that the recipient site chooses to implement HFC. For more information, see the interschool agreement forms on the CSDE’s “[Forms for School Nutrition Programs](#)” Web page.

The state beverage statute applies to all beverages sold as part of school meals and separately from school meals in public schools with interschool agreements, regardless of whether the recipient site chooses to implement HFC. The state beverage statute applies at all times, except for sales that comply with the exemption criteria. For more information, see [“Beverage Exemptions”](#) at the beginning of in this section.

Schools with interschool agreements must also comply with the stricter provisions of the Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. These foods must be sold from the school store or elsewhere on school premises at the same time. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) in this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.

Afterschool Programs and Activities in HFC Public Schools

Afterschool programs and activities that meet on a regular basis are ineligible for food and beverage exemptions because they do not meet the definition of an event. The CNS and state beverage statute apply at all times to any foods and beverages available for sale to students at programs and activities. They also apply if the program or activity charges a fee that includes the cost of foods and beverages provided to students. Examples of fee-based afterschool programs that must comply with the CNS and state beverage statute include:

- a movie or board game club that provides soda and popcorn;
- enrichment programs, extracurricular classes, tutoring sessions and clubs (such as art, chess, foreign language and math) that include a daily snack; and
- cooking classes where students eat foods they have prepared.

The CNS and state beverage statute do not apply if the fee for the afterschool program or activity does not include the cost of foods and beverages provided to students.

Meetings in HFC Public Schools

Meetings are ineligible for food and beverage exemptions because they do not meet the definition of an event. The CNS and state beverage statute apply at all times to any foods and beverages available for sale to students during meetings on school premises. They also apply if meetings charge a fee that includes the cost of foods and beverages provided to students. The CNS and state beverage statute do not apply if the fee for the meeting does not include the cost of foods and beverages provided to students.

In addition to meeting the CNS and state beverage statute, foods and beverages available for sale at meetings during the school day must also comply with the stricter provisions of the

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Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. These foods must be sold from the school store or elsewhere on school premises at the same time. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) in this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, see [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.

Sports Practices in HFC Public Schools

Sports practices are ineligible for food and beverage exemptions because they do not meet the definition of an event. The CNS and state beverage statute apply to any foods and beverages available for sale to students during daily practices of any sports teams, sports clubs and sports organizations on school premises. They also apply if sports teams, clubs and organizations charge a fee that includes the cost of foods and beverages provided to students. For example, if a school district charges \$100 for students to play on the high school football team, and the fee includes snacks that are provided to students during practices, all snacks must comply with the CNS.



Sports Competitions in HFC Public Schools

Sports competitions, games, matches and tournaments that occur after the school day or on the weekend are eligible for food and beverage exemptions because they meet the definition of an event. The CNS and state beverage statute do not apply to foods and beverages available for sale during sports competitions after the school day or on the weekend if:

- the board of education or school governing authority has voted to allow food and beverage exemptions; and
- the foods and beverages are sold at the location of the competition, but not from vending machines or school stores.

For more information, see [“Food Exemptions”](#) and [“Beverage Exemptions”](#) in this section.

Concession Stands in HFC Public Schools

Concession stands that sell foods and beverages at the location of an event (such as a football game, concert or theatrical production) after the school day or on the weekend are eligible for food and beverage exemptions. The CNS and state beverage statute do not apply to foods and beverages available for sale from concession stands if the board of education or school governing authority has voted to allow exemptions.



For more information, see [“Food Exemptions”](#) and [“Beverage Exemptions”](#) in this section.

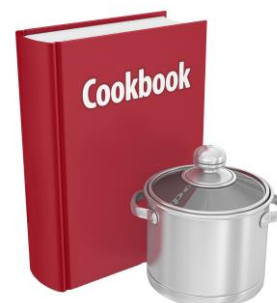
Foods and beverages sold from concession stands must comply with the CNS and state beverage statute if any of the conditions below apply.

- The concession stand operates during the school day. In addition to meeting the CNS and state beverage statute, foods available for sale during the school day must also comply with the stricter provisions of C.G.S. Section 10-221p and Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) and [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.
- The board of education or school governing authority has not voted to allow beverage exemptions.
- The concession stand is not located at an event taking place at the same time. For example, a concession stand located in a sports complex on school premises cannot sell popcorn and soda during football practices. Sports practices are ineligible for beverage exemptions because they do not meet the definition of an event. For more information, see [“Sports Practices in HFC Public Schools”](#) and [“Sports Competitions in HFC Public Schools”](#) in this section.

Culinary Programs in HFC Public Schools

The CNS and state beverage statute apply to all foods and beverages available for sale to students from culinary programs on school premises. They do not apply when foods and beverages prepared in culinary programs comply with any of the conditions below.

- The foods and beverages comply with the CNS, state beverage statute and C.G.S. Section 10-221p (nutritious low-fat foods available for sale), and the selling time period complies with the state competitive foods regulations. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) and [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.
- The board of education or school governing authority has voted to allow food and beverage exemptions and the foods and beverages are sold at events on school premises that comply with the exemption criteria. For more information, see [“Food Exemptions”](#) and [“Beverage Exemptions”](#) in this section.
- The foods and beverages are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.



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- The foods and beverages are sold to students at a location off school premises that is not under the jurisdiction of the board of education or school governing authority.
- The foods and beverages are sold only to adults. For more information, see [“Sales to Adults in HFC Public Schools”](#) in this section.

For more information, see the CSDE’s Operational Memorandum 31-14, [Federal and State Requirements for Culinary Education Programs \(Smart Snacks versus Connecticut Nutrition Standards\)](#).

Vending Machines in HFC Public Schools

The CNS and state beverage statute apply at all times to foods and beverages available for sale to students from vending machines on school premises. **Foods that do not comply with the CNS and beverages that do not comply with C.G.S. Section 10-221q can never be sold from vending machines.** The state statutes specifically prohibit food and beverage exemptions for vending machines.

In addition to meeting the CNS and state beverage statute, vending machines in HFC public schools must also comply with the stricter provisions of the Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. These foods must be sold from the vending machine or elsewhere on school premises at the same time. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) in this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.

The CSDE’s handout, [Requirements for Foods and Beverages in Vending Machines](#), summarizes the requirements for vending machines in HFC public schools.



School Stores in HFC Public Schools

The CNS and state beverage statute apply at all times to foods and beverages available for sale to students from school stores, kiosks and other school-based entities on school premises. They also apply if students are given coupons, tickets, coupons, tokens and similar items that can be redeemed for foods and beverages in school stores.

Foods that do not comply with the CNS and beverages that do not comply with C.G.S. Section 10-221q can never be sold from school stores. The state statutes specifically prohibit food and beverage exemptions for school stores.



In addition to meeting the CNS and state beverage statute, school stores in HFC public schools must also comply with the stricter provisions of the Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. These foods must be sold from the school store or elsewhere on school premises at the same time. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) in this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.

The CSDE’s handout, [Requirements for Foods and Beverages in School Stores](#), summarizes the requirements for school stores in HFC public schools.

Outside Vendors and Organizations in HFC Public Schools

Foods and beverages sold on school premises by vendors and organizations not affiliated with the school must comply with the CNS and state beverage statute unless:

- the board of education or school governing authority has voted to allow food and beverage exemptions; and
- the sales are at the location of an event held after the school day or on the weekend, but not from vending machines or school stores.

For example, a food truck could sell soda and cookies to students at a school carnival (event) held on school premises held after the school day, if the board of education voted to allow exemptions. However, an ice cream truck cannot sell ice cream to students on school premises during or after the school day unless all ice cream products comply with the CNS. Selling ice cream is not an event and is therefore ineligible for food exemptions. For more examples of events, see [table 6](#) under “Beverage Exemptions” at the beginning of this section.

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Fundraisers in HFC Public Schools

The CNS and state beverage statute apply to all fundraisers selling foods and beverages to students on school premises. This includes fundraising activities conducted by school-related organizations (such as student clubs, sports teams and music programs) and outside organizations not affiliated with the school, such as scouting programs and other youth-based community organizations. For more information, see [“Outside Vendors and Organizations in HFC Public Schools”](#) in this section.

“**Fundraisers**” are any activities during which money or its equivalent (such as tickets, coupons, tokens and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.



The information below provides guidance on complying with the requirements for food and beverage fundraisers in HFC public schools. Fundraisers include sales of commercial products such as potato chips, candy bars, frozen cookie dough, muffin mix and gourmet coffee, and sales of foods and beverages made from scratch such as baked goods, popcorn, sandwiches and fruit smoothies.

- **Compliant Foods and Beverages in HFC Public Schools:** Foods that comply with the CNS and beverages that comply with the requirements of state statute can be sold as fundraisers at any time on school premises if the sales also comply with C.G.S. Section 10-221p (nutritious low-fat foods available for sale) and the state competitive foods regulations. The CSDE’s [List of Acceptable Foods and Beverages](#) includes brand-specific commercial foods and beverages that meet all state and federal nutrition standards. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) in this section.
- **Timing of Distribution and Consumption in HFC Public Schools:** The CNS and state beverage statute apply to all fundraisers on school premises, regardless of when the foods and beverages will be distributed or consumed. If students deliver fundraiser orders and money to school and pick up the foods and beverages at school, the fundraiser is selling foods and beverages to students on school premises.
 - The CNS and state beverage statute apply to foods and beverages that will be **distributed** on school premises at a later date from when they are purchased. An example is a fundraiser where students buy tickets on Monday for candy that will be distributed on Friday. Students have purchased candy on school premises because the tickets can be exchanged for candy. HFC schools cannot conduct this fundraiser because candy does not comply with the CNS, and can only be sold at the location of



an event that meets the exemption criteria. For more information, see “[Food Exemptions](#)” and “[Candy and Gum in HFC Public Schools](#)” in this section.

- The CNS and state beverage statute apply to foods and beverages intended to be **consumed** at a later date from when they are purchased on school premises. Examples include products distributed on school premises in a precooked state such as frozen cookie dough, frozen pies, frozen pizza, or in in bulk quantities (multiple servings per package) such as boxes of candy bars, cookies and hot chocolate packets, and bags of gourmet coffee.
- **Fundraiser Catalogs and Orders in HFC Public Schools:** Students can bring home fundraiser catalogs and sell foods and beverages off school premises. However, if students deliver fundraiser orders and money to school and pick up the foods and beverages at school, the fundraiser is selling foods and beverages to students on school premises. To comply with the CNS and state beverage statute, the fundraiser must meet at least one of the conditions below.
 - The board of education or school governing authority has voted to allow food and beverage exemptions and the products are sold or picked up during an event on school premises held after the school day. For more information, see “[Food Exemptions](#)” and “[Beverage Exemptions](#)” in this section.
 - All foods and beverages that can be purchased from the fundraiser catalog comply with the CNS, state beverage statute and C.G.S. Section 10-221p (nutritious low-fat foods available for sale), and the selling time period complies with the state competitive foods regulations. For more information, see “[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)” and “[State Competitive Foods Regulations in HFC Public Schools](#)” in this section.
 - Students bring the orders and money to school but parents or other adults pick up the foods and beverages for delivery to customers.
 - Students bring the orders and money to school but the pick-up location for the foods and beverages is off school premises.

The district’s pick-up policy for foods and beverages must be clearly indicated on the school’s fundraising flier and any written communication regarding the fundraiser.

Food and beverage fundraisers that comply with the CNS and state beverage statute can be sold to or picked up by students at any time if the selling time period complies with the state competitive foods regulations and C.G.S. Section 10-221p.



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- **Gift Cards and Similar Items in HFC Public Schools:**

Selling gift cards, entertainment books, coupons, tickets, tokens and similar items that can be exchanged for foods and beverages is the same as selling foods and beverages to students. If students deliver orders and money to school and pick up the gift cards or similar items at school, the fundraiser is selling foods and beverages to students on school premises. This includes gift cards and similar items that are redeemable at businesses selling foods and beverages, e.g., restaurants, convenience stores, fast food chains and local dining establishments. To comply with the CNS and state beverage statute, sales of gift cards and similar items must meet at least one of the conditions below.



- The board of education or school governing authority has voted to allow food and beverage exemptions and the gift cards are sold or picked up during an event on school premises held after the school day. For more information, see [“Food Exemptions”](#) and [“Beverage Exemptions”](#) in this section.
- All foods and beverages that can be purchased with the gift cards comply with the CNS, state beverage statute and C.G.S. Section 10-221p (nutritious low-fat foods available for sale), and the selling time period complies with the state competitive foods regulations and sales include the foods specified in C.G.S. Section 10-221p. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) and [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.
- Students bring the orders and money to school but parents or other adults pick up the gift cards for delivery to customers.
- Students bring the orders and money to school but the pick-up location for the gift cards is off school premises.

The district’s pick-up policy for gift cards and similar items must be clearly indicated on the school’s fundraising flier and any written communication regarding the fundraiser.

- **Candy and Gum in HFC Public Schools:** Candy and gum (including sugar-free varieties) do not comply with the CNS. Examples of candy include all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints. Regular and sugar-free candy and gum cannot be sold to students on school premises unless the board of education or school governing authority has voted to allow food exemptions as part of the annual HFC Statement, and the candy and gum are sold at the location of an event held after the school day or on the weekend. Candy and gum can never be sold from school stores or vending machines. For more information, see [“Food Exemptions”](#) in this section.



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- **Bake Sales in HFC Public Schools:** Bake sales can only be held on school premises if they comply with at least one of the conditions below.

- The board of education or school governing authority has voted to allow food and beverage exemptions and the bake sale is held at the location of an event on school premises that occurs after the school day or on the weekend. For more information, see “[Food Exemptions](#)” and “[Beverage Exemptions](#)” in this section.



- All foods and beverages that can be purchased from the bake sale comply with the CNS, state beverage statute and C.G.S. Section 10-221p (nutritious low-fat foods available for sale), and the selling time period complies with the state competitive foods regulations. For more information, see “[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)” and “[State Competitive Foods Regulations in HFC Public Schools](#)” in this section.
- The foods and beverages are sold only to adults. For more information, see “[Sales to Adults in HFC Public Schools](#)” in this section.

Bake sales can be held off school premises at any time.

- **Nonfood Fundraisers in HFC Public Schools:** Nonfood items can be sold as fundraisers at any time on school premises if the sales comply with any local fundraiser policies required by the board of education or school governing authority. The CSDE strongly encourages schools to promote consistent health messages to students by conducting nonfood fundraisers. The CSDE’s handout, [Healthy Fundraising](#), provides suggestions for fundraising with nonfood items and activities.
- **Fundraisers Outside of School in HFC Public Schools:** The CNS and state beverage statute do not apply to fundraising activities that take place off school premises, such as bake sales at a supermarket or candy bar sales at a town community center. However, the CNS and state beverage statute apply if students sell foods and beverages off school premises, deliver fundraiser orders and money to school, and pick up the foods and beverages at school. For more information, see “[Fundraiser Catalogs and Orders in HFC Public Schools](#)” in this section.

The resources below provide additional information on fundraisers in HFC public schools.

- *Fundraiser Requirements* (PowerPoint Presentation)
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fund_hfc.pdf
- *Requirements for Food and Beverage Fundraisers*
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundhfc.pdf
- *Sample Fundraiser Form*
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf
www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/fundformhfc.doc

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School Celebrations in HFC Public Schools

The CNS and state beverage statute apply if money is collected to cover the cost of foods and beverages provided to students for school celebrations. For example, if a parent organization collects money from families to pay for foods and beverages at classroom parties throughout the school year, the CNS and state beverage statute apply to these foods and beverages. They also apply if students are provided coupons or similar items that can be redeemed for foods and beverages at school celebrations.



The CNS and state beverage statute do not apply when:

- foods and beverages at school celebrations are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.
- the board of education or school governing authority has voted to allow food and beverage exemptions, and the school celebration occurs after the school day. School celebrations that occur after the school day meet the definition of an event and are eligible for food and beverage exemptions. For more information, see “[Food Exemptions](#)” and “[Beverage Exemptions](#)” in this section.

The district’s school wellness policy may have locally developed requirements that address foods and beverages at school celebrations. For more information, see “[School Wellness Policy](#)” in section 1.

The CSDE strongly encourages public schools to offer healthy choices at school celebrations. For more information, see the CSDE’s handout, [Healthy Celebrations](#).

Food Rewards in HFC Public Schools

The CNS and state beverage statute do not apply to foods and beverages **given** to students as rewards for good behavior or performance if they are provided free of any charge or contribution. If the reward consists of coupons, tickets, tokens or similar items that students can redeem for foods and beverages, the CNS and state beverage statute apply to these foods and beverages. For example, if a classroom teacher gives students a coupon that can be exchanged for pizza and ice cream, these foods must comply with the CNS. The SFA’s school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see “[School Wellness Policy](#)” in section 1.



The CSDE strongly discourages the use of food rewards for academic performance or good behavior. Using foods and beverages as rewards has many negative consequences that go far beyond the short-term benefits of good student behavior or performance. Districts are

encouraged to develop healthy alternatives. For more information, see the CSDE’s handout, [Alternatives to Food Rewards](#).

Foods and Beverages Brought From Home in HFC Public Schools

The CNS and state beverage statute do not apply to foods and beverages that students bring from home for their own consumption or to share with other students free of any charge or contribution. The district’s school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see “[School Wellness Policy](#)” in section 1.

STATE COMPETITIVE FOODS REGULATIONS IN HFC PUBLIC SCHOOLS

Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all public schools that participate in the USDA school nutrition programs (NSLP, SBP, ASP and SMP). Section 10-215b-1 addresses restrictions for sales of candy, coffee, tea and soft drinks to students. Section 10-215b-23 addresses the accrual of income from food and beverage sales to students.

- “**Candy**” includes all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints.
- “**Coffee**” and “**tea**” include all types, e.g., regular, decaffeinated, herbal and iced.
- “**Soft drinks**” include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients.

“**Sweeteners**” are ingredients used to sweeten foods and beverages and include **nutritive** (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial** sweeteners (e.g., acesulfame potassium, aspartame and sucralose), “**natural**” sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia and SweetLeaf) and **sugar alcohols** (e.g., sorbitol, mannitol, maltitol and erythritol).

Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie and zero calorie), hot chocolate (regular, low-calorie and sugar-free), and sweetened beverages (with or without carbonation) that are not 100 percent juice, such as lemonade and fruit punch drinks made with 10 percent juice.

Soft drinks do not include any beverages that comply with C.G.S. Section 10-221q such as 100 percent fruit or vegetable juice, plain water (with or without carbonation) and 100 percent juice diluted with water that meets the requirements specified in the CSDE’s handout, [Requirements for Beverages Containing Water and Juice](#).

Some stricter provisions of state statutes supersede the state competitive foods regulations.

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This section summarizes these requirements, which govern the sales of candy, coffee, tea and soft drinks, and the accrual of income from food and beverage sales in public schools.

Coffee, Tea and Soft Drinks in HFC Public Schools

Section 10-215b-1 of state regulations prohibits sales of coffee (regular, decaffeinated, herbal and iced), tea (regular, decaffeinated, herbal and iced), and soft drinks (regular and diet) to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs. However, effective July 1, 2006, the state beverage requirements of C.G.S. Section 10-221q supersede the time period specified by Section 10-215b-1 because the state statute prohibits sales of coffee, tea and soft drinks to students in public schools at all times. These beverages can only be sold on school premises if:

- the local board of education or school governing authority has voted to allow beverage exemptions; and
- the coffee, tea and soft drinks are sold at the location of an event held after the school day or on the weekend.

Coffee, tea and soft drinks can never be sold from vending machines or school stores.

For more information, see [“Beverage Exemptions”](#) at the beginning of this section.

Candy in HFC Public Schools

Section 10-215b-1 of state regulations prohibits the sale or dispensing of candy to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs. However, effective July 1, 2006, the HFC requirements of C.G.S. Section 10-215f supersede Section 10-215b-1 of state regulations because the CNS applies at all times. Candy can only be sold to students on school premises if:

- the local board of education or school governing authority has voted to allow exemptions as part of the annual HFC Statement (ED-099 Addendum); and
- the candy is sold at the location of an event held after the school day or on the weekend.

Candy can never be sold from vending machines or school stores. For more information, see [“Food Exemptions”](#) and [“Candy and Gum Sales in HFC Public Schools”](#) in this section.

Table 12 summarizes when the state and federal restrictions for sales of coffee, tea, soft drinks and candy apply to public schools.



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Table 12. Restrictions for Candy, Coffee, Tea and Soft Drink Sales in Public Schools

Food or Beverage	Public Schools	
	HFC	Non-HFC
Candy , including all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints.	The CNS supersedes the USDA Smart Snacks standards and Section 10-215b-1 of state regulations by prohibiting candy sales to students on school premises at all times , unless the sales comply with the exemption criteria.*	The USDA Smart Snacks standards prohibit schools from selling candy to students during the school day on all areas of the school campus.** The Smart Snacks definition of school day supersedes the time period of Section 10-215b-1 of state regulations (30 minutes before up through 30 minutes after any USDA school nutrition programs). Non-HFC public schools cannot sell candy to students until after the school day.**
Coffee, Tea and Soft Drinks***	The beverage requirements of C.G.S. Section 10-221q apply to all public schools . The state beverage requirements supersede the selling time period allowed by the USDA Smart Snacks standards and Section 10-215b-1 of state regulations by prohibiting sales of coffee, tea and soft drinks to students on school premises at all times , unless the sales comply with the exemption criteria.*	The beverage requirements of C.G.S. Section 10-221q apply to all public schools . The state beverage requirements supersede the selling time period allowed by the USDA Smart Snacks standards and Section 10-215b-1 of state regulations by prohibiting sales of coffee, tea and soft drinks to students on school premises at all times , unless the sales comply with the exemption criteria.*
<p>* Foods that do not comply with the CNS and beverages that do not comply with C.G.S. Section 10-221q can only be sold to students on school premises if the local board of education or school governing authority has voted to allow exemptions, and the foods and beverages are sold at the location of an event held after the school day or on the weekend. Noncompliant foods and beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of candy, coffee, tea and soft drinks on school premises at all times.</p> <p>*** Soft drinks include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients. Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie and zero calorie), hot chocolate (regular, low-calorie and sugar-free), and sweetened beverages (with or without carbonation) that are not 100 percent juice such as lemonade or fruit punch drinks made with 10 percent juice. For information on specific beverages, see table 23 in section 5.</p>		

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Accrual of Income in HFC Public Schools

Section 10-215b-23 of state regulations requires that the income from any foods and beverages sold to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs must accrue to the nonprofit food service account. Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the CNS and beverages that comply with the C.G.S. Section 10-221q and the Smart Snacks beverage standards.



For example, if the breakfast period is from 7:00 a.m. through 8:00 a.m. and the lunch period is from 11:30 a.m. through 1:00 p.m., the school food service program must receive the income from all competitive foods and beverages sold anywhere on school premises from 6:30 a.m. through 8:30 a.m. and 11:00 a.m. through 1:30 p.m.

Sections 4 and 5 of this guide indicate how the state and federal requirements apply to specific categories of foods and beverages sold to students in Connecticut schools and institutions.



Requirements for Non-HFC Public Schools

This section provides an overview of the requirements for public schools choosing to not to implement the healthy food option of HFC under C.G.S. Section 10-215f. Non-HFC public schools must comply with the USDA Smart Snacks nutrition standards for competitive foods and any stricter provisions of state requirements, including the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies), the state beverage statute (C.G.S. Section 10-221q) and the state requirement to sell nutritious low-fat foods (C.G.S. Section 10-221p).

- “**Competitive foods**” are all foods and beverages available for sale to students on school campus during the school day, other than meals served through the USDA school nutrition programs. For beverages in public schools, the time period is extended beyond the school day because the state beverage statute applies at all times.
- The “**school campus**” is all areas of the property under the jurisdiction of the school that are accessible to students during the school day. For beverages in public schools, the state definition of “**school premises**” includes all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.
- The “**school day**” is the period from midnight before to 30 minutes after the end of the official school day.

Public schools participating in school nutrition programs must also comply with the USDA school wellness policy requirements. School wellness policy legislation requires that all SFAs operating school nutrition programs must develop local policies that address several areas to promote student health, including nutrition guidelines for all foods available at school. For more information, see “[School Wellness Policy](#)” in section 1.

The Smart Snacks standards apply to all foods and beverages sold separately from school meal programs on school campus during the school day. The state beverage statute applies to all beverages sold as part of school meals and separately from school meals at all times. Beverages that do not comply with state statute can only be sold to students if the local board of education or school governing authority has voted to allow exemptions, and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores. For more information, see “[Beverage Exemptions](#)” at the beginning of this section.

Examples of sources of competitive food sales include cafeterias, vending machines, school stores, fundraisers, and any other school locations where foods and beverages are sold to students. Table 13 indicates when Smart Snacks and the state beverage statute apply to different sources of foods and beverages in non-HFC public schools. This list is not all-inclusive.

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Table 13. Smart Snacks and State Beverage Statute in Non-HFC Public Schools

Source of Foods and Beverages	SMART SNACKS*		STATE BEVERAGE STATUTE (C.G.S. Section 10-221q)**	
	During School Day	After School Day	During School Day	After School Day
Adult education programs operated by the board of education on school premises			✓	✓
Cafeteria a la carte sales	✓		✓	✓
Classroom parties that collect a fee to cover the cost of foods and beverages provided to students			✓	✓
Clubs and organizations that charge students to participate and the fee includes the cost of foods and beverages	✓		✓	✓
Culinary arts programs***	✓		✓	✓
Family and consumer sciences classes***	✓		✓	✓
Family resource centers***	✓		✓	✓
Fundraisers conducted by school groups and non-school groups	✓		✓	✓
Programs and meetings that charge students to participate and the fee includes the cost of foods and beverages	✓		✓	✓
School stores, kiosks and other school-based enterprises	✓		✓	✓
Sports programs that charge students to participate and the fee includes the cost of foods and beverages	✓		✓	✓
Summer school programs (e.g., enrichment or exploratory) operated by the board of education on school premises	✓		✓	✓
USDA Afterschool Snack Program			✓	✓
Vending machines	✓		✓	✓

* The Smart Snacks standards apply only to foods and beverages **sold** to students **separately** from reimbursable meals during the school day (the period from midnight before to 30 minutes after the end of the official school day).

** The state beverage statute (C.G.S. Section 10-221q) applies to **all beverage sales at all times**, including beverages sold as part of school meals and separately from school meals. Beverages that do not comply with state statute can only be sold to students if the local board of education or school governing authority has voted to allow exemptions, and the beverages are sold at the location of an event that occurs after the school day or on the weekend, but not from vending machines or school stores.

*** The Smart Snacks standards and state beverage statute do not apply if foods and beverages are **given** to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.

SMART SNACKS NUTRITION STANDARDS

The Smart Snacks standards limit calories, fat, saturated fat, trans fat, sodium and added sugars, and promote more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes and lean meats. The three Smart Snacks categories of competitive foods include Entrees Sold Only A La Carte, Side Dishes and Beverages.

Allowable foods must comply with **general nutrition standards** and **specific nutrient standards** for calories, fat, saturated fat, trans fat, sugar and sodium. Some food categories have exemptions for certain nutrient-rich food items that are naturally higher in fat (such as nuts and seeds) or sugars (such as dried fruit). All fruits and vegetables without added fat, sugar and salt are exempt from the Smart Snacks standards. The beverage standards include specific category requirements and portion size limits.

An overview of each Smart Snacks category follows. For detailed information on the Smart Snacks standards, see the CSDE's handout, [Summary of Smart Snacks Nutrition Standards](#) and the [Smart Snacks](#) Web page. For more resources on Smart Snacks, see [section 6](#).

Side Dishes

This category includes any food items that do not meet the definition for entree items. Examples of side dishes include:



- fruits and vegetables (fresh, frozen, canned and dried);
- pasta, rice and cooked cereal grains, e.g., quinoa, bulgur and bulgur;
- snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix and trail mix;
- breakfast cereals, e.g., cold ready-to-eat cereal and cooked hot cereals such as oatmeal;
- nuts and seeds;
- peanut butter and other nut butters, e.g., almond butter and sunflower seed butter;
- dried meat snacks, e.g., beef jerky and meat sticks;
- bakery items, e.g., pastries, toaster pastries, muffins, waffles, pancakes, French toast, soft pretzels, rolls and buns;
- desserts, e.g., cookies, brownies, cake, pie and pudding;
- frozen desserts, e.g., frozen fruit bars, ice cream and ice cream novelties;
- cereal bars and granola bars;
- cheese, e.g., low-fat cheese sticks and low-fat cheese cubes;
- low-fat yogurt and soy yogurt; and
- school-made smoothies containing low-fat yogurt and fruits/vegetables.



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Entrees Sold Only A La Carte

The entree standards apply only to entree items that are **sold only a la carte**, i.e., entrees that are **not** part of reimbursable meals. Entree items that are sold a la carte on the **day of service or the day after service** in the NSLP or SBP are exempt from Smart Snacks (see table 14). Exempt entrees that are sold as competitive food must be offered in the same or smaller portion sizes as the NSLP and SBP, and with the same accompaniments.

Table 14. Compliance of Entrees with Smart Snacks in Non-HFC Public Schools	
EXEMPT FROM SMART SNACKS	SMART SNACKS APPLY
<p>Sold as Part of Reimbursable Meals and A La Carte on the Same Day or Day After Service</p> 	<p>Sold Only A La Carte</p> 

Entrees include three categories of main dish food items:




- a combination food of **meat/meat alternate and WGR** food, e.g., breakfast egg sandwich on a whole-wheat English muffin, lasagna made with WGR noodles, turkey wrap on whole-wheat tortilla, pizza with WGR crust, hamburger on a whole-grain bun and bean burrito in a whole-corn tortilla;
- a combination food of **vegetable/fruit and meat/meat alternate**, e.g., chef's salad with turkey, cheese and hard-boiled egg, fruit and cheese platter, yogurt and fruit parfait, school-made yogurt and fruit smoothies, baked potato with chili and chicken vegetable stir-fry; and
- a **meat/meat alternate alone**, e.g., sausage patty, hard-boiled egg, grilled chicken and sliced turkey, with the exception of yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks. These foods are in the "Side Dishes" category.



At **breakfast only**, the Smart Snacks entree definition also includes grain-only items, such as bagels, muffins, toast, pancakes and waffles. Non-HFC public schools can determine which grain-only items are defined as entree items for breakfasts offered as part of the SBP.

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Table 15 shows examples of foods in each entree category.

Table 15. Examples of Entrees for Smart Snacks in Non-HFC Public Schools
<p data-bbox="488 447 1143 478">Combination Food of Meat/Meat Alternate and WGR Food</p> 
<p data-bbox="464 747 1167 779">Combination Food of Vegetable/Fruit and Meat/Meat Alternate</p> 
<p data-bbox="659 1052 972 1083">Meat/Meat Alternate Alone*</p> 
<p data-bbox="256 1314 1317 1402">* The category of meat/meat alternates alone does not include yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks e.g., jerky and meat sticks. These foods are in the “Side Dishes” category.</p>

Beverages

Non-HFC public schools must comply with the stricter provisions of the state beverage statute and Smart Snacks beverage standards. [Table 5](#) summarizes the beverage requirements for public schools. For more information, see “[Beverage Requirements for Public Schools](#)” at the beginning of this section.

For detailed information on the specific nutrient requirements for each Smart Snacks category, see the CSDE’s handout, [Summary of Smart Snacks Nutrition Standards](#).

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COMPLYING WITH SMART SNACKS

To be allowed for sale to students during the school day, competitive foods must comply with all Smart Snacks standards. These standards are different for foods and beverages.

Competitive foods must comply with at least one general standard and all nutrient standards for the specific food category (entrees or side dishes). Foods must be evaluated for compliance with Smart Snacks based on the amount of the food item **as served**, including any added accompaniments such as butter, margarine, oil, cream cheese, jelly, jam, mayonnaise, ketchup, mustard, relish, salad dressing, dipping sauces, sauces and gravy. Table 16 shows examples of accompaniments typically served with foods in the Smart Snacks categories.

Table 16. Examples of Accompaniments Served with Foods in the Smart Snacks Categories*

ENTREES SOLD ONLY A LA CARTE

- Chicken nuggets with **dipping sauce**
- Hamburger or hotdog with **ketchup, mustard and relish**
- Meatloaf with **gravy**
- Quesadilla with **spicy salsa**
- Stir-fry chicken and vegetables with **duck sauce**
- Tacos with **taco sauce**
- WGR pasta and meat sauce with **grated cheese**



SIDE DISHES

- | | |
|--|--|
| <ul style="list-style-type: none"> ■ Apple crisp with whipped cream ■ Apple slices with caramel dipping sauce ■ Black bean soup with sour cream ■ Brown rice with duck sauce ■ Carrots with low-fat dressing ■ Clam chowder with oyster crackers ■ French fries with ketchup ■ French onion soup with croutons ■ Oatmeal with brown sugar ■ Pancakes, waffles or French toast with maple syrup or fruit sauce ■ Potato chips with dip ■ Pudding with whipped cream | <ul style="list-style-type: none"> ■ Salad with low-fat dressing ■ Tomato soup with grated cheese ■ Vegetable egg roll with duck sauce ■ Vegetables cooked with oil, margarine or butter ■ WGR bagel with cream cheese ■ Whole-grain toast with butter and jam ■ WGR muffin, cornbread or roll with margarine or butter ■ WGR pasta cooked with oil, margarine or butter ■ WGR pasta with marinara sauce ■ Whole-corn nachos with cheese sauce |
|--|--|

* Foods must be evaluated for compliance with the Smart Snacks nutrition standards based on the amount of the food item **as served**, including any added accompaniments.

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Beverages sold as part of school meals and separately from school meals must comply with the specific category requirements and portion size limits of the Smart Snacks beverage standards, and any stricter provisions of the state beverage statute. For more information, see [table 5](#) under “Beverage Requirements for Public Schools” at the beginning of this section.

In addition to the Smart Snacks standards, competitive foods and beverages in non-HFC public schools must comply with the stricter provisions of the state laws below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. For more information, see “[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)” at the beginning of this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.

The CSDE’s handout, *[Overview of Requirements for Competitive Foods in Non-HFC Public Schools](#)*, summarizes these requirements. For more resources on complying with Smart Snacks, see [section 6](#).

The CSDE’s [List of Acceptable Foods and Beverages](#) includes brand-specific commercial foods and beverages that meet all state and federal nutrition standards.



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APPLICATION OF SMART SNACKS AND STATE BEVERAGE STATUTE

All foods sold separately from reimbursable meals in non-HFC public schools must comply with the Smart Snacks nutrition standards. All beverages sold in public schools as part of school meals and separately from school meals must comply with the stricter provisions of the state beverage statute and Smart Snacks beverage standards. These beverage requirements do not apply when foods and beverages are given to students. “**Given**” means that foods and beverages are provided free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.

This section summarizes when the Smart Snacks nutrition standards and state beverage statute apply to competitive foods and beverages in non-HFC public schools. The beverage requirements include the stricter provisions of the state beverage statute and the Smart Snacks beverage standards. For more information, see “[Beverage Requirements for Public Schools](#)” at the beginning of this section.

Sales to Students in Non-HFC Public Schools

The Smart Snacks standards and state beverage statute apply to the sale of foods and beverages to students. “**Sale**” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. Sales also include:

- any activities that suggest a student donation in exchange for foods and beverages; and
- any activities that charge a fee that includes the cost of foods and beverages provided to students.



The definition of “sale” applies differently to foods and beverages, due to the stricter requirements of the state beverage statute.

- **Smart Snacks:** If students can **purchase** tickets, tokens or similar items that can be redeemed for foods and beverages, these foods and beverages must comply with Smart Snacks. The Smart Snacks standards also apply if a program or activity charges a fee that includes the cost of foods provided to students during the school day. They do not apply if tickets, tokens or similar items are given to students free of any charge or contribution, or if the fee for the program or activity does not include the cost of foods and beverages provided to students.
- **Beverage Statute:** Connecticut’s beverage statute applies at all times, including beverages sold as part of school meals and separately from school meals. Beverages that do not comply with state statute can only be sold to students if the local board of education or school governing authority has voted to allow exemptions, and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores. If students are **given** or can **purchase** tickets, tokens or similar items that can be redeemed for beverages, these beverages must comply with the state

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beverage statute. The state beverage statute also applies if programs and activities charge a fee that includes the cost of beverages provided to students.

For more information, see [“Afterschool Programs and Activities in Non-HFC Public Schools,”](#) [“Sports Practices in Non-HFC Public Schools”](#) and [“School Celebrations in Non-HFC Public Schools”](#) in this section.

Sales to Adults in Non-HFC Public Schools

The Smart Snacks standards and state beverage statute do not apply to foods and beverages sold to non-students, such as school staff, parents and other adults. Schools can sell foods and beverages to adults at any time, either on or off school campus. However, the state beverage statute applies if students sell beverages such as gourmet coffee and tea bags to adults off school premises, deliver the fundraiser orders and money to school, and pick up the beverage items at school. For more information, see [“Fundraiser Catalogs and Orders in Non-HFC Schools”](#) in this section.

Adult Education Programs in Non-HFC Public Schools

The Smart Snacks standards do not apply to adult education programs. However, the state beverage statute does not address an age limit for students or distinguish between regular and adult education programs. Therefore, the state beverage statute applies to any beverages sold to adults who are “students” in adult education programs under the board of education’s jurisdiction, if the beverage sales are under the **control** of the adult education program. Beverages are not required to comply with state statute if the district rents, leases or borrows building space for an adult education program, and the building owner maintains any sources of beverage sales such as vending machines or food kiosks. For more information, see the CSDE’s memo, [Requirements for Selling Foods and Beverages in Adult Education Programs](#).

ASP in Non-HFC Public Schools

The Smart Snacks standards do not apply to reimbursable snacks in the ASP. The Smart Snacks standards only apply if the ASP:

- operates in a school during the school day; or
- sells additional foods and beverages **separately** from reimbursable snacks within 30 minutes after the school day.



Connecticut’s beverage requirements extend the time period beyond the school day because the state beverage statute applies at all times to beverages served in the ASP. The ASP is ineligible for beverage exemptions because it does not meet the definition of an event. For more information, see [“Beverage Exemptions”](#) at the beginning of this section.

Menus for the ASP must comply with the USDA [meal pattern](#) requirements and state beverage statute. For information on the ASP meal pattern requirements, see the CSDE’s [Afterschool Snack Program](#) Web page. Consult the CSDE’s [List of Acceptable Foods and Beverages](#) for allowable products.

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Summer School Programs in Non-HFC Public Schools

The Smart Snacks standards apply differently to foods and beverages sold in summer school programs on school premises, due to the stricter requirements of the state beverage statute. These requirements are summarized below.

- **Smart Snacks:** The Smart Snacks standards apply to all foods and beverages available for sale to students in summer school programs operated on school campus during the summer school day. They also apply if the summer school program charges a fee that includes the cost of foods provided to students during the school day.
- **Beverage Statute:** Connecticut's beverage requirements extend the time period beyond the school day because the state beverage statute applies at all times to beverages available for sale to students in summer school programs. Summer school programs operated by the board of education or school governing authority are ineligible for beverage exemptions because they are part of the regular school day and do not meet the definition of an event. For more information, see "[Beverage Exemptions](#)" at the beginning of this section.

Beverages available for sale to students in summer school programs on school premises must always comply with the state beverage statute. The state beverage statute also applies if the summer school program charges a fee that includes the cost of beverages provided to students.

The Smart Snacks standards and state beverage statute do not apply if the fee for the summer school program does not include the cost of foods and beverages provided to students.

Interschool Agreements in Non-HFC Public Schools

The Smart Snacks standards apply to all foods and beverages sold to students separately from reimbursable meals during the school day in public schools with interschool agreements. For information on interschool agreements, see the interschool agreement forms on the CSDE's "[Forms for School Nutrition Programs](#)" Web page. Connecticut's beverage requirements extend the Smart Snacks time period beyond the school day because the state beverage statute applies at all times to beverages sold as part of school meals and separately from school meals, unless the sales comply with the exemption criteria. For more information, see "[Beverage Exemptions](#)" at the beginning of this section.



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Afterschool Programs and Activities in Non-HFC Public Schools

The Smart Snacks standards apply differently to foods and beverages sold in afterschool programs and activities on school premises, due to the stricter requirements of the state beverage statute. These requirements are summarized below.

- **Smart Snacks:** The Smart Snacks standards apply to all foods and beverages available for sale to students at afterschool programs and activities operated on school campus during the school day. They also apply if the program or activity charges a fee that includes the cost of foods and beverages provided to students during the school day. For example, if a six-week afterschool math program charges students \$75 to participate, and the fee includes snacks that are provided to students within 30 minutes after the school day, these snacks must comply with Smart Snacks. The Smart Snacks standards do not apply if the food sales meet at least one of the conditions below.
 - The snacks are provided to students **after** the 30-minute window. For example, if the school day ends at 3:00 p.m., an afterschool program can sell any foods during the period of 3:31 p.m. through 11:59 p.m.
 - The fee for the afterschool program or activity does not include the cost of foods and beverages provided to students.
- **Beverage Statute:** Connecticut's beverage requirements extend the time period time period beyond the school day because the state beverage statute applies at all times to beverages available for sale to students during afterschool programs and activities on school premises. Afterschool programs and activities that meet on a regular basis are ineligible for food and beverage exemptions because they do not meet the definition of an event. For more information, see "[Beverage Exemptions](#)" at the beginning of this section.



Beverages available for sale to students in afterschool programs and activities must always comply with the state beverage statute. The state beverage statute also applies if the afterschool program or activity charges a fee that includes the cost of beverages provided to students. The state beverage statute does not apply if the fee for the afterschool program or activity does not include the cost of beverages provided to students.

Examples of fee-based afterschool programs that must comply with Smart Snacks and the state beverage statute include:

- a movie or board game club that provides soda and popcorn;
- enrichment programs, extracurricular classes, tutoring sessions and clubs (such as art, chess, foreign language and math) that include a daily snack; and
- cooking classes where students eat foods they have prepared.

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Meetings in Non-HFC Public Schools

The Smart Snacks standards apply differently to foods and beverages sold at meetings on school premises, due to the stricter requirements of the state beverage statute. These requirements are summarized below.

- **Smart Snacks:** The Smart Snacks standards apply to all foods and beverages available for sale to students at meetings held on school campus during the school day. They also apply if the meeting charges a fee that includes the cost of foods and beverages provided to students during the school day.
- **Beverage Statute:** Connecticut's beverage requirements extend the time period beyond the school day because the state beverage statute applies at all times to beverages available for sale to students at meetings on school premises. Meetings are ineligible for beverage exemptions because they do not meet the definition of an event. For more information, see "[Beverage Exemptions](#)" at the beginning of this section.

Beverages available for sale to students at meetings held on school premises must always comply with the state beverage statute. The state beverage statute also applies if the meeting charges a fee that includes the cost of beverages provided to students.

The Smart Snacks standards and state beverage statute do not apply if the fee for the meeting does not include the cost of foods and beverages provided to students.

Foods available for sale during at meetings during the school day must also comply with the state competitive foods regulations and C.G.S. Section 10-221p. For more information, see "[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)" and "[State Competitive Foods Regulations in Non-HFC Public Schools](#)" in this section.



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Sports Practices in Non-HFC Public Schools

The Smart Snacks standards apply differently to foods and beverages sold at sports practices on school premises, due to the stricter requirements of the state beverage statute. These requirements are summarized below.

- **Smart Snacks:** The Smart Snacks standards apply to all foods and beverages available for sale to students at practices of any sports teams, sports clubs and sports organizations that occur during the school day. They also apply if sports teams, clubs and organizations charge a fee that includes the cost of foods and beverages provided to students **within 30 minutes** after the school day. The following example illustrates this requirement. A school district charges \$100 for students to play on the high school football team and the fee includes snacks that are provided to students. The school day ends at 2:30 p.m.
 - If the snacks are provided to students before practice begins at 2:45 p.m. (**during** the school day), they must comply with Smart Snacks.
 - If the snacks are provided to students at 3:01 p.m. or later (**after** the school day), the Smart Snacks standards do not apply.



Foods available for sale during the school day must also comply with the state competitive foods regulations and C.G.S. Section 10-221p. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) and [“State Competitive Foods Regulations in HFC Public Schools”](#) in this section.

- **Beverage Statute:** Connecticut’s beverage requirements extend the time period beyond the school day because the state beverage statute applies at all times to beverages available for sale to students during sports practices on school premises. Sports practices are ineligible for beverage exemptions because they do not meet the definition of an event. For more information, see [“Beverage Exemptions”](#) at the beginning of this section.

Beverages available for sale to students anytime during practices of any sports teams, sports clubs and sports organizations on school premises must always comply with the state beverage statute. This includes sports teams, clubs and organizations that charge a participation fee, and the fee includes the cost of beverages provided to students during practices. Beverages available for sale during the school day must also comply with the state competitive foods regulations.

The Smart Snacks standards and state beverage statute do not apply if the fee for the sports team does not include the cost of foods and beverages provided to students.

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Sports Competitions in Non-HFC Public Schools

The Smart Snacks standards do not apply to foods and beverages available for sale during sports competitions, games, matches and tournaments that occur after the school day. The state beverage statute does not apply to beverages available for sale during sports competitions and similar events that occur after the school day or on the weekend if:

- the board of education or school governing authority has voted to allow beverage exemptions, and
- the beverages are sold at the location of the competition.

Sports competitions and similar events that occur after the school day or on the weekend are eligible for beverage exemptions because they meet the definition of an event. For more information, see “[Beverage Exemptions](#)” at the beginning of this section.

Concession Stands in Non-HFC Public Schools

Concession stands operated during the school day must comply with Smart Snacks, C.G.S. Section 10-221p (nutritious low-fat foods available for sale) and the state competitive foods regulations. For more information, see “[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)” and “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section. The Smart Snacks standards do not apply to foods and beverages available for sale from concession stands operated after the school day.

Beverages sold from concession stands must comply with the state beverage statute if any of the conditions below apply.

- The concession stand is operated during the school day.
- The concession stand is operated after the school day but the board of education or school governing authority has not voted to allow beverage exemptions.
- The concession stand is operated after the school day but is not located at an event taking place at the same time. For example, a concession stand located in a sports complex on school premises cannot sell soda during football practices after the school day. Sports practices are ineligible for beverage exemptions because they do not meet the definition of an event. For more information, see “[Sports Practices in Non-HFC Public Schools](#)” and “[Sports Competitions in Non-HFC Public Schools](#)” in this section.



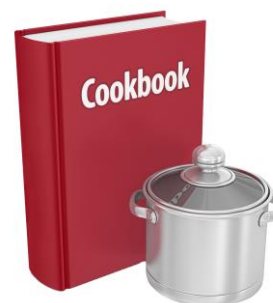
Concession stands that sell beverages at the location of an event (such as a football game, concert or theatrical production) held after the school day or on the weekend are eligible for beverage exemptions if the board of education or school governing authority has voted to allow exemptions. For more information, see “[Beverage Exemptions](#)” at the beginning of this section.

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Culinary Programs in Non-HFC Public Schools

The Smart Snacks standards apply differently to foods and beverages sold at sports practices, due to the stricter requirements of the state beverage statute. These requirements are summarized below

- **Smart Snacks:** The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from culinary programs on school campus during the school day. Foods and beverages that do not comply with Smart Snacks can only be sold to students on school premises after the school day. The Smart Snacks standards do not apply when food sales comply with any of the conditions below.
 - The foods are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.
 - The foods comply with the Smart Snacks standards, C.G.S. Section 10-221p (nutritious low-fat foods available for sale) and the selling time period complies with the state competitive foods regulation. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) and [“State Competitive Foods Regulations in Non-HFC Public Schools”](#) in this section.
 - The foods are sold to students off school premises.
 - The foods are sold only to adults. For more information, see [“Sales to Adults in Non-HFC Public Schools”](#) in this section.
- **Beverage Statute:** Connecticut’s beverage requirements extend the time period beyond the school day because the state beverage statute always applies to beverages available for sale from culinary programs on school premises. Culinary programs are ineligible for beverage exemptions because they do not meet the definition of an event. For more information, see [“Beverage Exemptions”](#) at the beginning of this section. The state beverage statute does not apply when beverages in culinary programs comply with any of the conditions below.
 - The board of education or school governing authority has voted to allow beverage exemptions and beverages are sold at the location of an event on school premises held after the school day. For examples of events, see [table 6](#) under “Beverage Exemptions” at the beginning of this section.
 - The beverages are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.



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- The beverages comply with the state beverage statute and the selling time period complies with the state competitive foods regulations.
- The beverages are sold to students off school premises.
- The beverages are sold only to adults.

For more information, see the CSDE's Operational Memorandum 31-14, *Federal and State Requirements for Culinary Education Programs (Smart Snacks versus Connecticut Nutrition Standards)*.

Vending Machines in Non-HFC Public Schools

Foods sold in vending machines during the school day must comply with the Smart Snacks standards. Beverages sold in vending machines must comply with the Smart Snacks standards and state beverage statute. **Beverages that do not comply with C.G.S. Section 10-221q can never be sold from vending machines.** The state beverage statute applies at all times and specifically prohibits exemptions for vending machines.



In addition to meeting the Smart Snacks standards and state beverage statute, vending machines in non-HFC public schools must also comply with the stricter provisions of the Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. For more information, see “[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)” at the beginning of this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.

The CSDE's handout, *Requirements for Foods and Beverages in Vending Machines (Non-HFC Public Schools, Private Schools and RCCIs)*, summarizes the requirements for vending machines in HFC public schools.



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School Stores in Non-HFC Public Schools

Foods sold in school stores, kiosks and other school-based entities during the school day must comply with the Smart Snacks standards. Beverages sold in school stores must comply with the Smart Snacks standards and state beverage statute. The beverage statute also applies if students are given coupons, tickets, coupons, tokens and similar items that can be redeemed for beverages in school stores.

Beverages that do not comply with C.G.S. Section 10-221q can never be sold from school stores. The state beverage statute applies at all times and specifically prohibits beverage exemptions for school stores.



In addition to meeting the Smart Snacks standards and state beverage statute, school stores in non-HFC public schools must also comply with the stricter provisions of the Connecticut statutes and regulations below.

- C.G.S. Section 10-221p requires schools to offer nutritious low-fat foods whenever foods are sold to students during the school day. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) at the beginning of this section.
- Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require restrictions for sales of candy, coffee, tea and soft drinks to students, and the accrual of income from food and beverage sales to students. For more information, [“State Competitive Foods Regulations in Non-HFC Public Schools”](#) in this section.

The CSDE’s [handout, *Requirements for Foods and Beverages in School Stores \(Non-HFC Public Schools\)*](#), summarizes the requirements for school stores in HFC public schools.

Outside Vendors and Organizations in Non-HFC Public Schools

Foods and beverages sold on school premises during the school day by vendors and organizations not affiliated with the school must comply with Smart Snacks and the state beverage statute. For example, an ice cream truck cannot sell ice cream to students on school premises during the school day unless all ice cream products comply with Smart Snacks.

Connecticut’s beverage requirements extend the time period beyond the school day because the state beverage statute applies at all times. Beverages that do not comply with the state beverage statute can only be sold if the board of education or school governing authority has voted to allow exemptions, and the sales are at the location of an event held after the school day or on the weekend. For example, a food truck could sell soda to students at a school carnival (event) held on school premises held after the school day, if the board of education voted to allow beverage exemptions. For more examples of events, see [table 6](#) under “Beverage Exemptions” at the beginning of this section.

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Fundraisers in Non-HFC Public Schools

The Smart Snacks nutrition standards and state beverage statute apply to all fundraisers selling foods and beverages to students on school premises. This includes fundraising activities conducted by school-related organizations (such as student clubs, sports teams and music programs) and outside organizations not affiliated with the school, such as scouting programs and other youth-based community organizations. For more information, see “[Outside Vendors and Organizations in Non-HFC Public Schools](#)” in this section.

“**Fundraisers**” are any activities during which money or its equivalent (such as tickets, coupons, tokens and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.



The information below provides guidance on complying with the requirements for food and beverage fundraisers in non-HFC public schools. Fundraisers include sales of commercial products such as potato chips, candy bars, frozen cookie dough, muffin mix and gourmet coffee, and sales of foods and beverages made from scratch such as baked goods, popcorn, sandwiches and fruit smoothies.

- **Compliant Foods and Beverages in Non-HFC Public Schools:** Foods that comply with Smart Snacks and beverages that comply with the requirements of state statute can be sold as fundraisers at any time on school premises if the sales also comply with C.G.S. Section 10-221p (nutritious low-fat foods available for sale) and the state competitive foods regulations. The CSDE’s [List of Acceptable Foods and Beverages](#) includes brand-specific commercial foods and beverages that meet all state and federal nutrition standards. For more information, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.
- **Timing of Distribution and Consumption in Non-HFC Public Schools:** The Smart Snacks standards do not apply to foods intended for consumption at home. Examples include products distributed on school premises in a precooked state such as frozen cookie dough, frozen pies and frozen pizza, or in bulk quantities (multiple servings per package) such as boxes of candy bars and cookies.

However, the state beverage statute applies to all fundraisers on school premises, regardless of when the beverages will be distributed or consumed. If students deliver beverage fundraiser orders and money to school and pick up the beverages at school, the fundraiser is selling beverages to students on school premises and must comply with the state beverage statute. The following examples illustrate this requirement.

- Students buy tickets on Monday for hot chocolate that will be distributed on school premises on Friday. Students have purchased hot chocolate on school premises because the tickets can be exchanged for hot chocolate. Public

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schools cannot conduct this fundraiser because hot chocolate does not

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comply with the state beverage statute. Noncompliant beverages can only be sold to students on school premises if the board of education or school governing authority has voted to allow beverage exemptions, and the sales are at the location of an event held after the school day or on the weekend, but not from vending machines or school stores.



- The state beverage statute applies to beverages intended to be **consumed** at a later date from when they are purchased. Examples include products distributed on school premises in a prepared state such as frozen smoothies, or in bulk quantities (multiple servings per package) such as bags of gourmet coffee, boxes of tea bags and boxes of hot chocolate packets.
- **Fundraiser Catalogs and Orders in Non-HFC Public Schools:** The Smart Snacks standards do not apply to foods and beverages sold off school campus through fundraising catalogs, fliers and similar promotions. Foods purchased through a fundraiser may be delivered on school campus during the school day if:
 - the foods being sold comply with the Smart Snacks standards or are not intended to be consumed on campus during school hours; and
 - the distribution complies with C.G.S. Section 10-221p, i.e., nutritious low-fat foods are available for purchase when the foods are distributed to students. For more information, see [“Requirement to Sell Nutritious Low-fat Foods in Public Schools”](#) at the beginning of this section.

However, the USDA encourages organizations to deliver the food items at a time when parents and caregivers are more likely to be present to collect them, for example, during specific drop-off or pick-up times.

Beverages sold as fundraisers on school premises must comply with the state beverage statute. Students can bring home fundraiser catalogs and sell beverages off school premises. However, if students deliver fundraiser orders and money to school and pick up the beverages at school, the fundraiser is selling beverages to students on school premises. To comply with the state beverage statute, the fundraiser must meet at least one of the conditions below.

- The board of education or school governing authority has voted to allow beverage exemptions and the fundraiser pick-up is during an event on school premises that meets the specific exemption criteria. For more information, see [“Beverage Exemptions”](#) at the beginning of this section.



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- All beverages that can be purchased from the fundraiser catalog comply with the state beverage statute and the selling time period complies with the state competitive foods regulations. For more information, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.
- Students bring the orders and money to school but parents or other adults pick up the beverages for delivery to customers.
- Students bring the orders and money to school but the pick-up location for the beverages is off school premises.

The district’s pick-up policy for foods and beverages must be clearly indicated on the school’s fundraising flier and any written communication regarding the fundraiser.

Beverage fundraisers that comply with the state beverage statute can be sold to or picked up by students at any time if the selling time period complies with the state competitive foods regulations. For more information, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.

- **Gift Cards and Similar Items in Non-HFC Public**

Schools: The Smart Snacks standards apply to sales of gift cards, coupons, tickets, tokens and similar items that can be exchanged for foods and beverages on school premises during the school day. They do not apply to gift cards and similar items that can be exchanged for foods and beverages that are not intended to be consumed on campus during school hours, e.g., gift cards and similar items that are redeemable at businesses selling foods and beverages, e.g., restaurants, convenience stores, fast food chains and local dining establishments.



However, the state beverage statute applies to all beverage sales on school premises, including gift cards and similar items that are redeemable for beverages on school premises and at businesses selling foods and beverages, e.g., restaurants, convenience stores, fast food chains and local dining establishments. Selling gift cards, entertainment books, coupons, tickets, tokens and similar items that can be exchanged for beverages is the same as selling foods and beverages to students. To comply with the state beverage statutes, sales of gift cards and similar items must meet at least one of the conditions below.

- The board of education or school governing authority has voted to allow beverage exemptions and the gift cards are sold or picked up during an event on school premises held after the school day. For more information, see “[Beverage Exemptions](#)” at the beginning of this section.
- All beverages that can be purchased with the gift cards or similar items comply with the state beverage statute and the selling time period complies with the state competitive foods regulations. For more information, see “[State Competitive Foods Regulations in Non-HFC Public Schools](#)” in this section.

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- Students bring the orders and money to school but parents or other adults pick up the gift cards for delivery to customers.
- Students bring the orders and money to school but the pick-up location for the gift cards is off school premises.

The district's pick-up policy for gift cards and similar items must be clearly indicated on the school's fundraising flier and any written communication regarding the fundraiser.

- **Candy and Gum in Non-HFC Public Schools:**

Candy (regular and sugar-free) and regular chewing gum do not comply with the Smart Snacks standards and cannot be sold to students during the school day.

Examples of candy include all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints. Sugar-free chewing gum is exempt from the Smart Snacks standards and can be sold on school campus during the school day if the selling time period complies with the state competitive foods regulations and C.G.S. Section 10-221p (nutritious low-fat foods available for sale). For more information, see "[State Competitive Foods Regulations in Non-HFC Public Schools](#)" and "[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)" in this section.



The district's school wellness policy may have locally developed requirements for candy and gum. For more information, see "[School Wellness Policy](#)" in section 1.

- **Bake Sales in Non-HFC Public Schools:** Bake sales can only be held on school campus during the school day if all baked goods comply with Smart Snacks and C.G.S. Section 10-221p (nutritious low-fat foods available for sale), and the selling time period complies with the state competitive foods regulations. For more information, see "[State Competitive Foods Regulations in Non-HFC Public Schools](#)" and "[Requirement to Sell Nutritious Low-fat Foods in Public Schools](#)" in this section.

Beverages sold at bake sales must comply with the state beverage statute unless the board of education or school governing authority has voted to allow beverage exemptions, and the bake sale is at the location of an event held after the school day or on the weekend. Bake sales that do not comply with Smart Snacks and the state beverage statute can be held off school campus at any time.



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- **Nonfood Items in Non-HFC Public Schools:** Nonfood items can be sold as fundraisers at any time school premises if the sales comply with any local fundraiser policies required by the board of education or school governing authority. The CSDE strongly encourages schools to promote consistent health messages to students by conducting nonfood fundraisers. The CSDE’s handout, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.
- **Fundraisers Outside of School in Non-HFC Public Schools:** The Smart Snacks standards and state beverage statute do not apply to fundraising activities that take place off school premises, such as bake sales at a supermarket or candy bar sales at a town community center. However, the state beverage statute applies if students sell beverages off school premises, deliver fundraiser orders and money to school, and pick up the beverages at school. For more information, see “[Fundraiser Catalogs and Orders in Non-HFC Public Schools](#)” in this section.

The resources below provide additional information on fundraisers in non-HFC public schools.

- *Food and Beverage Requirements for Fundraisers in Non-HFC Public Schools:*
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundnonhfc.pdf
- *Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School*
www.fns.usda.gov/sites/default/files/cn/fundraisersfactsheet.pdf
- *Implementation of Smart Snacks in School: State Agency Fundraiser Elections and Exemptions* (CSDE Operational Memorandum 11-15, December 15, 2014)
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om_11-15.pdf
- *Smart Snacks Nutrition Standards and Exempt Fundraisers* (CSDE Operational Memorandum 30-14, April 25, 2014)
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_30-14.pdf

Non-HFC

School Celebrations in Non-HFC Public Schools

The Smart Snacks standards do not apply to classroom parties and celebrations where students, parents or teachers supply foods or provide funds to purchase foods. For example, Smart Snacks do not apply when:

- a parent organization collects money from families to pay for foods provided at classroom parties throughout the year; or
- a teacher collects a fee from students for party foods several days prior to a classroom party.



However, the state beverage statute applies when students, parents or teachers collect funds to purchase beverages. For example, if a parent organization collects money from families to pay for beverages provided at classroom parties, these beverages must comply with the state beverage statute. The state beverage also applies if students are given coupons or similar items that can be redeemed for beverages at school celebrations. The state beverage statute does not apply to school celebrations if:

- beverages are given to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations; or
- the board of education or school governing authority has voted to allow beverage exemptions, and the school celebration occurs after the school day. School celebrations that occur after the school day meet the definition of an event and are eligible for beverage exemptions.

The district's school wellness policy may have locally developed requirements that address foods and beverages at school celebrations. For more information, see "[School Wellness Policy](#)" in section 1.

The CSDE strongly encourages public schools to offer healthy choices at school celebrations. For more information, see the CSDE's handout, [Healthy Celebrations](#).

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Food Rewards in Non-HFC Public Schools

The Smart Snacks standards do not apply to foods and beverages given to students as rewards for good behavior or performance if they are provided free of any charge or contribution. In addition, they do not apply to tickets, coupons, tokens and similar items that can be exchanged for foods and beverages, if no money is exchanged to acquire them. For example, if a classroom teacher gives students a reward coupon that can be exchanged for pizza and ice cream, these foods are not required to comply with the Smart Snacks standards.

However, the state beverage statute applies to any rewards that consist of coupons, tickets, tokens or similar items that students can redeem for beverages. For example, if a classroom teacher gives students a reward coupon that can be exchanged for a beverage, the beverage must comply with the state beverage statute.



The district's school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see [“School Wellness Policy”](#) in section 1.

The CSDE strongly discourages using foods and beverages to reward students for academic performance or good behavior. Food rewards have many negative consequences that go far beyond the short-term benefits of achieving good student behavior or performance. Districts are encouraged to develop healthy alternatives. The CSDE's handout, [Alternatives to Food Rewards](#), provides suggestions for rewards that do not involve foods and beverages.

Foods and Beverages Brought From Home in Non-HFC Public Schools

The Smart Snacks standards and state beverage statute do not apply to foods and beverages that students bring from home for their own consumption or to share with other students free of any charge or contribution. The district's school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see [“School Wellness Policy”](#) in section 1.

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STATE COMPETITIVE FOODS REGULATIONS IN NON-HFC PUBLIC SCHOOLS

Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all public schools that participate in the USDA school nutrition programs (NSLP, SBP, ASP and SMP). Section 10-215b-1 addresses restrictions for sales of candy, coffee, tea and soft drinks to students. Section 10-215b-23 addresses the accrual of income from food and beverage sales to students.

- **“Candy”** includes all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints.
- **“Coffee”** and **“tea”** include all types, e.g., regular, decaffeinated, herbal and iced.
- **“Soft drinks”** include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients.

“Sweeteners” are ingredients used to sweeten foods and beverages and include **nutritive** (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial** sweeteners (e.g., acesulfame potassium, aspartame and sucralose), **“natural”** sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia and SweetLeaf) and **sugar alcohols** (e.g., sorbitol, mannitol, maltitol and erythritol).

Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie and zero calorie), hot chocolate (regular, low-calorie and sugar-free), and sweetened beverages (with or without carbonation) that are not 100 percent juice, such as lemonade and fruit punch drinks made with 10 percent juice.

Soft drinks do not include any beverages that comply with C.G.S. Section 10-221q such as 100 percent fruit or vegetable juice, plain water (with or without carbonation) and 100 percent juice diluted with water that meets the requirements specified in the CSDE’s handout, [*Requirements for Beverages Containing Water and Juice*](#).

Some stricter provisions of state statutes and Smart Snacks supersede the state competitive foods regulations. This section summarizes these requirements, which govern the sales of candy, coffee, tea and soft drinks, and the accrual of income from food and beverage sales in public schools.

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Coffee, Tea and Soft Drinks in Non-HFC Public Schools

Section 10-215b-1 of state regulations prohibits sales of coffee (regular, decaffeinated, herbal and iced), tea (regular, decaffeinated, herbal and iced), and soft drinks (regular and diet) to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs.

However, effective July 1, 2006, the state beverage requirements of C.G.S. Section 10-221q supersede the time period specified by Section 10-215b-1 because the state statute prohibits sales of coffee, tea and soft drinks to students in public schools at all times. These beverages can only be sold to students on school premises if:

- the local board of education or school governing authority has voted to allow beverage exemptions; and
- the coffee, tea and soft drinks are sold at the location of an event that occurs after the school day or on the weekend.

Coffee, tea and soft drinks can never be sold from vending machines or school stores. For more information, see “[Beverage Exemptions](#)” at the beginning of this section.

Candy in Non-HFC Public Schools

Section 10-215b-1 of state regulations prohibits the sale or dispensing of candy to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs. The Smart Snacks nutrition standards supersede this time period because they apply during the entire school day.

In non-HFC public schools, candy can only be sold to students outside of the period from midnight before to 30 minutes after the end of the official school day. For example, if the school day ends at 3:00 p.m., candy can be sold anytime during the period of 3:31 p.m. through 11:59 p.m.

[Table 12](#) summarizes when the state and federal restrictions for coffee, tea, soft drinks and candy apply to public schools (see “Requirements for HFC Public Schools” at the beginning of this section).



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Accrual of Income in Non-HFC Public Schools

Section 10-215b-23 of state regulations requires that the income from any foods and beverages sold to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs must accrue to the nonprofit food service account. Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with Smart Snacks and beverages that comply with the C.G.S. Section 10-221q and the Smart Snacks beverage standards.



For example, if the breakfast period is from 7:00 a.m. through 8:00 a.m. and the lunch period is from 11:30 a.m. through 1:00 p.m., the school food service program must receive the income from all competitive foods and beverages sold anywhere on school premises from 6:30 a.m. through 8:30 a.m. and 11:00 a.m. through 1:30 p.m.

Sections 4 and 5 of this guide indicate how the state and federal requirements apply to specific categories of foods and beverages sold to students in Connecticut schools and institutions.

3 — PRIVATE SCHOOLS AND RCCIS

Private schools and RCCIs that participate in the NSLP and SBP must comply with the USDA Smart Snacks nutrition standards for competitive foods and any stricter provisions of the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies). The Smart Snacks nutrition standards apply to all competitive foods and beverages sold to students on school campus during the school day.

- “**Competitive foods**” are all foods and beverages available for sale to students on school campus during the school day, other than meals served through the USDA school nutrition programs.
- The “**school campus**” is all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- The “**school day**” is the period from midnight before to 30 minutes after the end of the official school day.

Private schools and RCCIs participating in school nutrition programs must also comply with the USDA school wellness policy requirements. School wellness policy legislation requires that all SFAs operating school nutrition programs must develop local policies that address several areas to promote student health, including nutrition guidelines for all foods available at school. For more information, see “[School Wellness Policy](#)” in section 1.

The Smart Snacks nutrition standards apply to competitive foods and beverages sold **separately** from school meal programs on school campus during the school day. Examples of sources of food and beverage sales include cafeterias, vending machines, school stores, fundraisers, and any other school locations where foods and beverages are sold to students. Table 17 shows examples of potential sources of food and beverage sales in private schools and RCCIs. This list is not all-inclusive.



**Table 17. Potential Sources of Food and Beverage Sales
in Private Schools and RCCIs***

- | | |
|--|---|
| <ul style="list-style-type: none"> ■ Afterschool enrichment programs that charge students to participate and the fee includes the cost of foods and beverages ■ Cafeteria a la carte sales ■ Clubs and organizations that charge students to participate and the fee includes the cost of foods and beverages ■ Culinary arts programs** ■ Family and consumer sciences classes** ■ Fundraisers conducted by school groups and non-school groups ■ Programs and meetings that charge students to participate and the fee includes the cost of foods and beverages | <ul style="list-style-type: none"> ■ School stores, kiosks and other school-based enterprises ■ Sports programs that charge students to participate and the fee includes the cost of foods and beverages ■ Summer school programs (e.g., enrichment or exploratory) operated by the school ■ USDA Afterschool Snack Program ■ Vending machines ■ Any other programs, organizations and activities selling foods and beverages to students |
|--|---|

* The Smart Snacks standards apply only to foods and beverages **sold** to students **separately** from reimbursable meals during the school day (the period from midnight before to 30 minutes after the end of the official school day). For example, if the school day ends at 3:00 p.m., the Smart Snacks standards do not apply to foods and beverages sold to students anytime during 3:31 p.m. to 11:59 p.m.

** The Smart Snacks standards do not apply if foods and beverages are **given** to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.

SMART SNACKS NUTRITION STANDARDS

The Smart Snacks standards limit calories, fat, saturated fat, trans fat, sodium and added sugars, and promote more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes and lean meats. The three Smart Snacks categories of competitive foods include Entrees Sold Only A La Carte, Side Dishes and Beverages.

Allowable foods must comply with **general nutrition standards** and **specific nutrient standards** for calories, fat, saturated fat, trans fat, sugar and sodium. Some food categories have exemptions for certain nutrient-rich food items that are naturally higher in fat (such as nuts and seeds) or sugars (such as dried fruit). All fruits and vegetables without added fat, sugar and salt are exempt from the Smart Snacks standards. The beverage standards include specific category requirements and portion size limits.

An overview of each Smart Snacks category follows. For more resources on Smart Snacks, see [section 6](#).

For information on the general standards and nutrient standards for each Smart Snacks category, see the CSDE's handout, [Summary of Smart Snacks Nutrition Standards](#).

Side Dishes



This category includes any food items that do not meet the definition for entree items. Examples of side dishes include:

- fruits and vegetables (fresh, frozen, canned and dried);
- pasta, rice and cooked cereal grains, e.g., quinoa, bulgur and bulgur;
- snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix and trail mix;
- breakfast cereals, e.g., cold ready-to-eat cereal and cooked hot cereals such as oatmeal;
- nuts and seeds;
- peanut butter and other nut butters, e.g., almond butter and sunflower seed butter;
- dried meat snacks, e.g., beef jerky and meat sticks;
- bakery items, e.g., pastries, toaster pastries, muffins, waffles, pancakes, French toast, soft pretzels, rolls and buns;
- desserts, e.g., cookies, brownies, cake, pie and pudding;
- frozen desserts, e.g., frozen fruit bars, ice cream and ice cream novelties;
- cereal bars and granola bars;
- cheese, e.g., low-fat cheese sticks and low-fat cheese cubes;
- low-fat yogurt and soy yogurt; and
- school-made smoothies containing low-fat yogurt and fruits/vegetables.



Entrees Sold Only A La Carte

The entree standards apply only to entree items that are **sold only a la carte**, i.e., entrees that are **not** part of reimbursable meals. Entree items that are sold a la carte on the **day of service or the day after service** in the NSLP or SBP are exempt from Smart Snacks (see table 18). Exempt entrees that are sold as competitive food must be offered in the same or smaller portion sizes as the NSLP and SBP, and with the same accompaniments.

Table 18. Compliance of Entrees with Smart Snacks in Private Schools and RCCIs	
EXEMPT FROM SMART SNACKS	SMART SNACKS APPLY
<p>Sold as Part of Reimbursable Meals and A La Carte on the Same Day or Day After Service</p> 	<p>Sold Only A La Carte</p> 

Entrees include three categories of main dish food items:

- a combination food of **meat/meat alternate and whole grain-rich food**, e.g., breakfast egg sandwich on a whole-wheat English muffin, lasagna made with WGR noodles, turkey wrap on whole-wheat tortilla, pizza with WGR crust, hamburger on a whole-grain bun and bean burrito with whole-corn tortilla;
- a combination food of **vegetable/fruit and meat/meat alternate**, e.g., chef's salad with turkey, cheese and hard-boiled egg, fruit and cheese platter, yogurt and fruit parfait, school-made yogurt and fruit smoothies, baked potato with chili and chicken vegetable stir-fry; and
- a **meat/meat alternate alone**, e.g., sausage patty, hard-boiled egg, grilled chicken and sliced turkey, with the exception of yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks. These foods are in the "Side Dishes" category.



At **breakfast only**, the Smart Snacks entree definition also includes grain-only items, such as WGR bagels, muffins, toast, pancakes and waffles. Private schools and RCCIs can determine which grain-only items are defined as entree items for breakfasts offered as part of the SBP.

Table 19 shows examples of foods in each entree category.

Table 19. Examples of Entrees for Smart Snacks in Private Schools and RCCIs

Combination Food of Meat/Meat Alternate and WGR Food



Combination Food of Vegetable/Fruit and Meat/Meat Alternate



Meat/Meat Alternate Alone*



* The category of meat/meat alternate alone does not include yogurt, cheese, nuts and seeds, nut and seed butters and meat snacks e.g., jerky and meat sticks. These foods are in the “Side Dishes” category.

Beverages

The Smart Snacks beverage standards for elementary and middle schools are different from the beverage standards for high schools. Allowable beverages for all grades include:

- **milk** (low-fat unflavored, nonfat flavored and nonfat unflavored);
- **nondairy milk alternatives** that comply with the USDA nutrition standards for fluid milk substitutes (see the CSDE’s handout, [Allowable Milk Substitutions for Nondisabled Children](#));
- **100 percent juice** (fruit, vegetable or combination, with or without carbonation);
- **100 percent juice diluted with water** (with or without carbonation); and
- **plain water** (with or without carbonation).

An additional category of **other flavored and/or carbonated beverages** is allowed only for high school students. Portion sizes for all beverages are limited to 8 fluid ounces for elementary students and 12 fluid ounces for high school students, except water, which is unlimited. Table 20 summarizes the Smart Snacks beverage standards that apply to private schools and RCCIs.

Table 20. Smart Snacks Beverage Standards for Private Schools and RCCIs

Beverage Category	ELEMENTARY	MIDDLE	HIGH
LOW-FAT (1%) MILK, UNFLAVORED	8 fluid ounces (fl oz)	8 fl oz	12 fl oz
NONFAT MILK, FLAVORED OR UNFLAVORED including nutritionally equivalent milk alternatives permitted by the school meal requirements*	8 fl oz	8 fl oz	12 fl oz
100% FRUIT/VEGETABLE JUICE (with or without carbonation)	8 fl oz	8 fl oz	12 fl oz
100% FRUIT/VEGETABLE JUICE DILUTED WITH WATER, WITHOUT ADDED SWEETENERS (with or without carbonation)	8 fl oz	8 fl oz	12 fl oz
PLAIN WATER (with or without carbonation)	Unlimited	Unlimited	Unlimited
ZERO CALORIE FLAVORED AND/OR CARBONATED BEVERAGES • Less than 5 calories per 8 fluid ounces** OR • No more than 10 calories per 20 fluid ounces**	Not permitted	Not permitted	12 fl oz
LOW-CALORIE FLAVORED AND/OR CARBONATED BEVERAGES • No more than 40 calories per 8 fluid ounces** OR • No more than 60 calories per 12 fluid ounces**	Not permitted	Not permitted	12 fl oz
<p>* For information on allowable milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children.</p> <p>** "Flavored and/or Carbonated Beverages" are evaluated for compliance with Smarts Snacks based on the amount of the beverage item as served including any added accompaniments, e.g., coffee with milk, cream and sugar, tea with milk, cream and honey, and hot chocolate with milk and marshmallows. For more information, see table 21 in this section.</p>			

For more information on the Smart Snacks beverage standards, see the CSDE's handout, [Summary of Smart Snacks Nutrition Standards](#), the CSDE's [Smart Snacks](#) Web page and the USDA's [Questions and Answers on Smart Snacks](#).



COMPLYING WITH SMART SNACKS

To be allowed for sale to students, competitive foods must comply with at least one of the Smart Snacks general standards and all of the Smart Snacks nutrient standards for the specific food category of entree items or side dishes. Competitive beverages must comply with the specific category requirements and portion size limits of the Smart Snacks beverage standards.

All foods and beverages are evaluated for compliance with the Smart Snacks standards based on the amount of the food or beverage item **as served**, including any added accompaniments such as butter, margarine, oil, cream cheese, jelly, jam, mayonnaise, ketchup, mustard, relish, salad dressing, dipping sauces, sauces and gravy. Table 21 shows examples of accompaniments typically served with foods and beverages in the Smart Snacks categories.

In addition to the Smart Snacks nutrition standards, foods and beverages sold in private schools and RCCIs must comply with the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies). For more information, see “[State Competitive Foods Regulations in Private Schools and RCCIs](#)” in this section. For more resources on complying with Smart Snacks, see [section 6](#).

The CSDE's [List of Acceptable Foods and Beverages](#) includes brand-specific commercial foods and beverages that meet all state and federal nutrition standards.

Table 21. Examples of Accompaniments Served with Foods and Beverages in the Smart Snacks Categories for Private Schools and RCCIs*

ENTREES SOLD ONLY A LA CARTE

- Chicken nuggets with **dipping sauce**
- Hamburger or hotdog with **ketchup, mustard and relish**
- Meatloaf with **gravy**
- Quesadilla with **spicy salsa**
- Stir-fry chicken and vegetables with **duck sauce**
- Tacos with **taco sauce**
- WGR pasta and meat sauce with **grated cheese**



SIDE DISHES

- | | |
|--|--|
| <ul style="list-style-type: none"> ■ Apple crisp with whipped cream ■ Apple slices with caramel dipping sauce ■ Black bean soup with sour cream ■ Brown rice with duck sauce ■ Carrots with low-fat dressing ■ Clam chowder with oyster crackers ■ French fries with ketchup ■ French onion soup with cROUTONS ■ Oatmeal with brown sugar ■ Pancakes, waffles or French toast with maple syrup or fruit sauce ■ Potato chips with dip ■ Pudding with whipped cream | <ul style="list-style-type: none"> ■ Salad with low-fat dressing ■ Tomato soup with grated cheese ■ Vegetable egg roll with duck sauce ■ Vegetables cooked with oil, margarine or butter ■ WGR bagel with cream cheese ■ Whole-grain toast with butter and jam ■ WGR muffin, cornbread or roll with margarine or butter ■ WGR pasta cooked with oil, margarine or butter ■ WGR pasta with marinara sauce ■ Whole-corn nachos with cheese sauce |
|--|--|

BEVERAGES (HIGH SCHOOL ONLY)**

- Coffee with **milk or cream and sugar**
- Tea with **milk or cream and honey**
- Hot chocolate with **milk and marshmallows**

* Foods and beverages must be evaluated for compliance with the Smart Snacks nutrition standards based on the amount of the food item **as served**, including any added accompaniments.

** These beverages are **only allowed** for sale to high school students, and only if they comply with the nutrition standards and portion sizes for the Smart Snacks category of “other flavored and/or carbonated beverages.” For more information, see [table 20](#) in this section.

APPLICATION OF SMART SNACKS STANDARDS

All competitive foods sold in private schools and RCCIs during the school day must comply with the Smart Snacks nutrition standards. These standards do not apply when foods and beverages are given to students. “**Given**” means that foods and beverages are provided free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations. This section summarizes when the Smart Snacks nutrition standards apply to competitive foods and beverages in private schools and RCCIs.

Sales to Students in Private Schools and RCCIs

The Smart Snacks standards apply to the sale of foods and beverages to students. “**Sale**” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. If students can redeem tickets, tokens or similar items for foods and beverages, these foods and beverages must comply with the Smart Snacks standards. Sales also include:



- any activities that suggest a student donation in exchange for foods and beverages; and
- any activities that charge a fee that includes the cost of foods and beverages provided to students.

Sales to Adults in Private Schools and RCCIs

The Smart Snacks standards do not apply to foods and beverages sold to non-students, such as school staff, parents and other adults. Private schools and RCCIs can sell any foods and beverages to adults at any time, either on or off school campus.

ASP in Private Schools and RCCIs

The Smart Snacks standards do not apply to reimbursable snacks in the ASP. The Smart Snacks standards only apply if the ASP:

- operates in a school during the school day; or
- sells additional foods and beverages **separately** from reimbursable snacks within 30 minutes after the school day.



Summer School Programs in Private Schools and RCCIs

The Smart Snacks standards apply to foods and beverages available for sale to students in summer school programs operated on school campus during the summer school day. They also apply if the summer school program charges a fee that includes the cost of foods and beverages provided to students during the school day.

Interschool Agreements in Private Schools and RCCIs

The Smart Snacks standards apply to all foods and beverages sold to students separately from reimbursable meals during the school day in any private schools and RCCIs operating under an interschool agreement with a sponsoring school district. Food and beverage sales must also comply with the state competitive foods regulations. For more information, see [“State Competitive Foods Regulations in Private Schools and RCCIs”](#) in this section. For information on interschool agreements, see the interschool agreement forms on the CSDE’s [“Forms for School Nutrition Programs”](#) Web page.

Afterschool Programs and Activities in Private Schools and RCCIs

The Smart Snacks standards apply to any foods and beverages available for sale in afterschool programs and activities that occur **within 30 minutes** after the end of the school day. They also apply if the program or activity charges a fee that includes the cost of foods and beverages provided to students during the school day. Examples of fee-based afterschool programs that must comply with Smart Snacks include:

- a movie or board game club that provides soda and popcorn;
- enrichment programs, extracurricular classes, tutoring sessions and clubs (such as art, chess, foreign language and math) that include a daily snack; and
- cooking classes where students eat foods they have prepared.

The Smart Snacks standards do not apply if the fee for the afterschool program or activity does not include the cost of foods and beverages provided to students, or if the foods and beverages are provided to students after the school day.

Meetings in Private Schools and RCCIs

The Smart Snacks standards apply to any foods and beverages available for sale to students at meetings held during the school day. They also apply if the meeting charges a fee that includes the cost of foods and beverages provided to students during the school day. The Smart Snacks standards do not apply if the fee for the meeting does not include the cost of foods and beverages provided to students or if the meeting is held after the school day.

Sports Practices and Competitions in Private Schools and RCCIs

The Smart Snacks standards apply to any foods and beverages available for sale to students during practices and competitions of any sports teams, clubs and organizations that occur during the school day. They also apply if the sports team, club or organization charges a fee that includes the cost of foods and beverages provided to students during the school day. The following example illustrates this requirement. A private school charges \$100 for students to play on the high school football team and the fee includes snacks that are provided to students. The school day ends at 2:30 p.m. and football practice begins at 2:45 p.m.



- If the snacks are provided to students when practice begins at 2:45 p.m. (**during** the school day), they must comply with Smart Snacks.
- If the snacks are provided to students at 3:01 p.m. or later (**after** the school day), the Smart Snacks standards do not apply.

Concession Stands in Private Schools and RCCIs

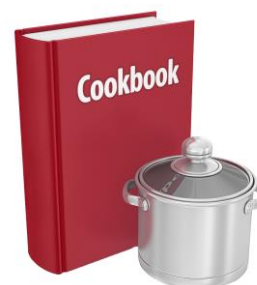
The Smart Snacks standards apply to any foods and beverages available for sale to students from concession stands operated during the school day. They do not apply to concession stands that sell foods and beverages to students after the school day.



Culinary Programs in Private Schools and RCCIs

The Smart Snacks standards apply to culinary programs that sell foods and beverages to students on school campus during the school day. Smart Snacks do not apply when foods and beverages prepared in culinary programs comply with at least one of the conditions below.

- The foods and beverages are **given** to students free of any charge (including the exchange of tickets, coupons, tokens and similar items) or contribution, such as suggested donations.
- The foods and beverages comply with the Smart Snacks standards, and the selling time period complies with the state competitive foods regulations. For more information, see [“State Competitive Foods Regulations in Private Schools and RCCIs”](#) in this section.
- The foods and beverages are sold to students after the school day.
- The foods and beverages are sold to students at a location off school campus.
- The foods and beverages are sold only to adults. For more information, see [“Sales to Adults in Private Schools and RCCIs”](#) in this section.



For more information, see the CSDE’s Operational Memorandum 31-14, [Federal and State Requirements for Culinary Education Programs \(Smart Snacks versus Connecticut Nutrition Standards\)](#).

Vending Machines in Private Schools and RCCIs

The Smart Snacks standards apply to all foods and beverages available for sale to students during the school day from vending machines on school campus. Vending machines must also comply with the state competitive foods regulations. For more information, see [“State Competitive Foods Regulations in Private Schools and RCCIs”](#) in this section. The CSDE’s handout, [Requirements for Foods and Beverages in Vending Machines \(Private Schools and RCCIs\)](#), summarizes the requirements for vending machines in private schools and RCCIs.



School Stores in Private Schools and RCCIs

The Smart Snacks standards apply to all foods and beverages available for sale to students during the school day from school stores, kiosks and other school-based entities on school campus. School stores must also comply with the state competitive foods regulations. For more information, see “[State Competitive Foods Regulations in Private Schools and RCCIs](#)” in this section. The CSDE’s handout, *Requirements for Foods and Beverages in School Stores (Private Schools and RCCIs)*, summarizes the requirements for school stores in private schools and RCCIs.



Outside Vendors and Organizations in Private Schools and RCCIs

Foods and beverages sold on school premises during the school day by vendors and organizations not affiliated with the school must comply with Smart Snacks. For example, an ice cream truck cannot sell ice cream to students on school premises during the school day unless all ice cream products comply with Smart Snacks. For more information, see “Outside Vendors and Organizations in Private Schools and RCCIs” above.

Fundraisers in Private Schools and RCCIs

The Smart Snacks standards apply to all fundraisers selling foods and beverages to students on school campus during the school day. This includes fundraising activities conducted by school-related organizations (such as student clubs, sports teams and music programs) and outside organizations not affiliated with the school, such as scouting programs and other youth-based community organizations.

“**Fundraisers**” are any activities during which money or its equivalent (such as tickets, coupons, tokens and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.



The information below provides guidance on complying with the requirements for food and beverage fundraisers in private schools and RCCIs. Fundraisers include sales of commercial products such as potato chips, candy bars, frozen cookie dough, muffin mix and gourmet coffee, and sales of foods and beverages made from scratch such as baked goods, popcorn, sandwiches and fruit smoothies.

- **Compliant Foods and Beverages in Private Schools and RCCIs:** Foods and beverages that comply with the Smart Snacks standards can be sold as fundraisers on school campus during the school day if the sales comply with the state competitive foods regulations, and any additional fundraiser restrictions required by the institution’s local school wellness policy. The CSDE’s *List of Acceptable Foods and Beverages* includes brand-specific commercial foods and beverages that comply with

state and federal nutrition standards. For more information, see [“State Competitive Foods Regulations in Private Schools and RCCIs”](#) in this section and [“School Wellness Policy”](#) in section 1.

- Timing of Distribution and Consumption in Private Schools and RCCIs:** The Smart Snacks standards do not apply to foods and beverages intended for consumption at home. Examples include foods and beverages that are distributed on school campus in a precooked or prepared state such as frozen cookie dough, frozen pies, frozen pizza and frozen smoothies, or in bulk quantities (multiple servings per package) such as boxes of candy bars, cookies, popcorn, tea bags, hot chocolate packets and bags of gourmet coffee.
- Fundraiser Catalogs and Orders in Private Schools and RCCIs:** The Smart Snacks standards do not apply to foods and beverages sold off school campus through fundraising catalogs, fliers and similar promotions. Foods and beverages purchased through a fundraiser may be delivered on the school campus during the school day if the foods and beverages being sold comply with the Smart Snacks standards or are not intended to be consumed on campus during school hours. However, the USDA encourages organizations to deliver the food and beverage items at a time when parents and caregivers are more likely to be present to collect them, for example, during specific drop-off or pick-up times.
- Gift Cards and Similar Items in Private Schools and RCCIs:** The Smart Snacks standards apply to sales of gift cards, coupons, tickets, tokens and similar items that can be exchanged for foods and beverages on school campus during the school day. They do not apply to gift cards and similar items that can be exchanged for foods and beverages that are not intended to be consumed on school campus during school hours, e.g., gift cards and similar items that are redeemable at businesses selling foods and beverages, e.g., restaurants, convenience stores, fast food chains and local dining establishments.
- Candy and Gum in Private Schools and RCCIs:** Candy (regular and sugar-free) and regular chewing gum do not comply with the Smart Snacks standards and cannot be sold to students on school campus during the school day. Examples of candy include all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints. Sugar-free chewing gum is exempt from the Smart Snacks standards and can be sold on school campus during the school day if the sales comply with the state competitive foods regulations. For more information, see [“State Competitive Foods Regulations in Private Schools and RCCIs”](#) in this section.



The SFA’s school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see [“School Wellness Policy”](#) in section 1.

- **Bake Sales in Private Schools and RCCIs:** Bake sales can only be held on school campus during the school day if all baked goods comply with Smart Snacks and the selling time period complies with the state competitive foods regulations. For more information, see “[State Competitive Foods Regulations in Private Schools and RCCIs](#)” in this section. Bake sales can be held on school campus after the school day or off school campus at any time.



- **Nonfood Items in Private Schools and RCCIs:** Nonfood items can be sold as fundraisers at any time on school premises if the sales comply with any local fundraiser policies required by the board of education or school governing authority. The CSDE strongly encourages schools and institutions to promote consistent health messages to students by conducting nonfood fundraisers. The CSDE’s handout, [Healthy Fundraising](#), provides suggestions for fundraising with nonfood items and activities.
- **Fundraisers Outside of School in Private Schools and RCCIs:** The Smart Snacks standards and state beverage statute do not apply to fundraising activities that take place off school premises, such as bake sales at a supermarket or candy bar sales at a town community center.

The resources below provide additional information on fundraisers in private schools and RCCIs.

- *Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs:*
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundpr.pdf
- *Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School*
www.fns.usda.gov/sites/default/files/cn/fundraisersfactsheet.pdf
- *Implementation of Smart Snacks in School: State Agency Fundraiser Elections and Exemptions* (CSDE Operational Memorandum 11-15, December 15, 2014)
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om_11-15.pdf
- *Smart Snacks Nutrition Standards and Exempt Fundraisers* (CSDE Operational Memorandum 30-14, April 25, 2014)
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_30-14.pdf

For additional resources on Smart Snacks, see [section 6](#).



School Celebrations in Private Schools and RCCIs

The Smart Snacks standards do not apply to classroom parties and celebrations where students, parents or teachers supply foods and beverages or provide funds to purchase foods and beverages. For example, Smart Snacks do not apply when:

- a parent organization collects money from families to pay for foods and beverages provided at classroom parties throughout the year; or
- a teacher collects a fee from students for party foods and beverages several days prior to a classroom party.



The SFA's school wellness policy may have locally developed requirements that address foods and beverages at school celebrations. For more information, see "[School Wellness Policy](#)" in section 1.

The CSDE strongly encourages private schools and RCCIs to offer healthy choices at school celebrations. For more information, see the CSDE's handout, [Healthy Celebrations](#).

Food Rewards in Private Schools and RCCIs

The Smart Snacks standards do not apply to foods and beverages given to students as rewards for good behavior or performance if they are provided free of any charge or contribution. In addition, they do not apply to tickets, coupons, tokens and similar items that can be exchanged for foods and beverages, if no money is exchanged to acquire them. For example, if a classroom teacher gives students a reward coupon that can be exchanged for pizza and ice cream, these foods are not required to comply with the Smart Snacks standards. The SFA's school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see "[School Wellness Policy](#)" in section 1.

The CSDE strongly discourages using foods and beverages to reward students for academic performance or good behavior. Food rewards have many negative consequences that go far beyond the short-term benefits of achieving good student behavior or performance. Districts are encouraged to develop healthy alternatives. The CSDE's handout, [Alternatives to Food Rewards](#), provides suggestions for rewards that do not involve foods and beverages.



Foods and Beverages Brought From Home in Private Schools and RCCIs

The Smart Snacks standards do not apply to foods and beverages that students bring from home for their own consumption or to share with other students free of any charge or contribution. The SFA's school wellness policy may have locally developed requirements that address foods and beverages brought from home. For more information, see "[School Wellness Policy](#)" in section 1.

STATE COMPETITIVE FOODS REGULATIONS IN PRIVATE SCHOOLS AND RCCIS

Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all public schools that participate in the USDA school nutrition programs (NSLP, SBP, ASP and SMP). Section 10-215b-1 addresses restrictions for sales of candy, coffee, tea and soft drinks to students. Section 10-215b-23 addresses the accrual of income from food and beverage sales to students.

- **"Candy"** includes all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints.
- **"Coffee"** and **"tea"** include all types, e.g., regular, decaffeinated, herbal and iced.
- **"Soft drinks"** include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients.

"Sweeteners" are ingredients used to sweeten foods and beverages and include **nutritive** (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial** sweeteners (e.g., acesulfame potassium, aspartame and sucralose), **"natural"** sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia and SweetLeaf) and **sugar alcohols** (e.g., sorbitol, mannitol, maltitol and erythritol).

Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie and zero calorie), hot chocolate (regular, low-calorie and sugar-free), and sweetened beverages (with or without carbonation) that are not 100 percent juice, such as lemonade and fruit punch drinks made with 10 percent juice.

Soft drinks do not include any beverages that comply with the Smart Snacks standards such as 100 percent fruit or vegetable juice, plain water (with or without carbonation) and 100 percent juice diluted with water.

Some stricter provisions of Smart Snacks supersede the state competitive foods regulations. This section summarizes these requirements, which govern the sales of candy, coffee, tea and soft drinks, and the accrual of income from food and beverage sales in public schools.

Coffee, Tea and Soft Drinks in Private Schools and RCCIs

Section 10-215b-1 of state regulations prohibits sales of coffee (regular, decaffeinated, herbal and iced), tea (regular, decaffeinated, herbal and iced), and soft drinks (regular and diet) to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs. However, effective July 1, 2014, the Smart Snacks standards supersede this time period for some grade groups.

- For **elementary and middle school students**, the Smart Snacks standards supersede the state time period specified by Section 10-215b-1 because they apply during the entire school day (the period from midnight before to 30 minutes after the end of the official school day). Coffee, tea and soft drinks can only be sold to elementary and middle school students after the school day. For example, if the school day ends at 3:30 p.m., soft drinks can be sold anytime during the period of 4:01 p.m. through 11:59 p.m.
- For **high school students**, the Smart Snacks standards allow sales of coffee, tea and soft drinks if they comply with the standards for the category of “other flavored and/or carbonated beverages” and the portion size does not exceed 12 fluid ounces. However, Section 10-215b-1 of state regulations supersedes Smart Snacks because it prohibits sales of coffee, tea and soft drinks from **30 minutes before up through 30 minutes after** any USDA school nutrition programs.

For example, if the high school lunch period is from 11:30 a.m. through 1:00 p.m., coffee, tea and soft drinks cannot be sold from 11:00 a.m. through 1:30 p.m. Coffee, tea and soft drinks that comply with the Smart Snacks beverage standards can only be sold to high school students outside of this time period. For more information on the category of “other flavored and/or carbonated beverages,” see [table 20](#) in this section.

Candy in Private Schools and RCCIs

Section 10-215b-1 of state regulations prohibits the sale or dispensing of candy to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs. The Smart Snacks nutrition standards supersede this time period because they apply during the entire school day. Candy can only be sold to students in private schools and RCCIs after the school day. For example, if the school day ends at 3:00 p.m., candy can be sold anytime during the period of 3:31 p.m. through 11:59 p.m.



Accrual of Income in Private Schools and RCCIs

Section 10-215b-23 of state regulations requires that the income from any foods or beverages sold to students anywhere on school premises from **30 minutes before up through 30 minutes after** any USDA school nutrition programs must accrue to the nonprofit **food service account**. Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods and beverages that comply with the Smart Snacks nutrition standards.



For example, if the breakfast period is from 7:00 a.m. through 8:00 a.m. and the lunch period is from 11:30 a.m. through 1:00 p.m., the school food service program must receive the income from all competitive foods and beverages sold anywhere on school premises from 6:30 a.m. through 8:30 a.m. and 11:00 a.m. through 1:30 p.m.

Sections 4 and 5 of this guide indicate how the state and federal requirements apply to specific categories of foods and beverages sold to students in Connecticut schools and institutions.

4 — SUMMARY OF FOOD RESTRICTIONS

This section summarizes the restrictions for sales of competitive foods to students in Connecticut schools and institutions, based on state and federal laws and HFC participation (public schools only). The food restrictions in table 22 below are based on the stricter requirements of state and federal laws as of April 2015.

Table 22. Restrictions for Competitive Foods in Connecticut Schools and Institutions




Food	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
Candy , including all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies and jelly beans) and breath mints. 	The CNS prohibits sales to students on school premises at all times.*	The Smart Snacks standards prohibit sales to students on school campus during the school day.**		
Gum, regular 	The CNS prohibits sales to students on school premises at all times.*	The Smart Snacks standards prohibit sales to students on school campus during the school day.**		
Gum, sugar-free 	The CNS prohibits sales to students on school premises at all times.*	The Smart Snacks standards allow sales of sugar-free gum to students during the school day.** However, if gum is sold to students on school campus from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.		
<p>* For HFC districts, foods that do not comply with the CNS can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant foods can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant foods on school premises at all times.</p>				

Table 22. Restrictions for Competitive Foods, continued

Food	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>All foods sold separately from school meals, e.g., cookies, crackers, pretzels, popcorn, chips, puffed snacks, cereals, ice cream, pudding, yogurt, cheese, nuts/seeds, nut/seed butters, baked goods (e.g., pastries, toaster pastries, bagels, muffins, waffles, pancakes, rolls and buns), cooked grains (e.g., rice and pasta), soup, fruits, vegetables, combination foods and entree items that are only sold a la carte</p>	<p>Foods that comply with the CNS can be sold at any time. However, if foods are sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>If foods do not comply with the CNS, C.G.S. Section 10-215f prohibits sales to students on school premises at all times.*</p> <p>NOTE: Entree items that are sold a la carte on the same day that they are planned and served as part of a reimbursable school meal are exempt from the CNS if they:</p> <ul style="list-style-type: none"> • are the same or smaller portion size as the NSLP and SBP; • have the same accompaniments; • meet the trans fat standard; and • do not contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols or chemically altered fat substitutes. <p>The standards for entrees apply ONLY to entree items that are sold only a la carte, i.e., entrees that are not part of reimbursable meals.</p> <p>Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing must be included when evaluating foods for compliance with the CNS. For more information, see table 11 in section 2.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	<p>Foods that comply with the Smart Snacks standards can be sold at any time. However, if foods are sold from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Foods that do not comply with the Smart Snacks standards can only be sold after the school day.**</p> <p>Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing must be included when evaluating foods for compliance with Smart Snacks. For more information, see table 16 in section 2 (non-HFC public schools) and table 21 in section 3 (Private schools and RCCIs).</p> <p>NOTE: Entree items that are sold a la carte on the day of service or the day after service in the lunch or breakfast program are exempt from Smart Snacks if they:</p> <ul style="list-style-type: none"> • are the same or smaller portion size as the NSLP and SBP; and • have the same accompaniments. <p>The standards for entrees apply ONLY to entree items that are sold only a la carte, i.e., entrees that are not part of reimbursable meals.</p>		

* For HFC districts, foods that do not comply with the CNS can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant foods can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant foods on school premises at all times.

5 — SUMMARY OF BEVERAGE RESTRICTIONS

This section summarizes the restrictions for sales of beverages to students in Connecticut schools and institutions, based on state and federal laws. The Smart Snacks standards apply to beverages sold separately from school meals during the school day. The state beverage statute applies to all beverages sold in public schools as part of school meals and separately from school meals at all times. The beverage restrictions in table 23 below are based on the stricter requirements of state and federal laws as of April 2015.


Table 23. Restrictions for Beverages in Connecticut Schools and Institutions				
Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Almond milk products that do not comply with the USDA nutrition standards for fluid milk substitutes*</p>	<p>Commercial almond milk products do not currently meet the USDA nutrition standards for fluid milk substitutes. The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school premises during the school day.**</p>	<p>Almond milk products that comply with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if they comply with the exemption criteria.*</p>	<p>The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school campus during the school day. Noncompliant milk substitutes can be sold after the school day.**</p>	
		<p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>	<p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant foods can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued


Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Beverages containing 100 percent juice diluted with water, (with or without carbonation), WITH added sweeteners***</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Beverages that comply with the Smart Snacks standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, these beverages are considered soft drinks under Section 10-215b-1 of state regulations, and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p>	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p> <p>*** Sweeteners include nutritive sweeteners with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and nonnutritive sweeteners without calories. Nonnutritive sweeteners include artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), “natural” sweeteners such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Beverages containing 100 percent juice diluted with water, (with or without carbonation), WITHOUT added sweeteners***</p> 	<p>Juice and water beverages that comply with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>For more information, see the CSDE's handout, Requirements for Beverages Containing Water and Juice. Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students.** However, if sold to students on school campus from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
Cocoa	See "hot chocolate."		See "hot chocolate."	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The "school day" is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p> <p>*** Sweeteners include nutritive sweeteners with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and nonnutritive sweeteners without calories. Nonnutritive sweeteners include artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), "natural" sweeteners such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.</p>				



Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Coffee, regular, decaffeinated, herbal and iced</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Coffee that meets the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, Section 10-215b-1 of state regulations supersedes the Smart Snacks beverage standards because it prohibits coffee sales from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p> <p>Added accompaniments such as cream, milk and sugar must be included when evaluating coffee for compliance with Smart Snacks. For more information, see table 21 in section 3.</p>	
<p>Cranberry juice cocktail (not 100 percent juice)</p>	<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>		<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>	
<p>Fruit drinks (not 100 percent juice)</p>	<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>		<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.



Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Hot chocolate (cocoa), regular, low-calorie and sugar-free</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Low-calorie or sugar-free hot chocolate that meets the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, hot chocolate is considered a soft drink under Section 10-215b-1 of state regulations, and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p> <p>Added accompaniments such as milk and marshmallows must be included when evaluating hot chocolate for compliance with Smart Snacks. For more information, see table 21 in section 3.</p>	
<p>Juice, 100 percent full-strength (fruit juice, vegetable juice or combination)</p> 	<p>Full-strength 100 percent juice that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales of 100 percent juice to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.



Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Juice, 100 percent full-strength carbonated (fruit juice, vegetable juice or combination)</p> 	<p>Carbonated 100 percent juice that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales of carbonated 100 percent juice to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
<p>Juice drinks (not 100 percent juice), regular or low-calorie, e.g., lemonade, punch drinks, cranberry cocktail, nectars</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Low-calorie juice drinks that comply with the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, juice drinks are considered soft drinks under Section 10-215b-1 of state regulations, and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Lemonade (not 100 percent juice)</p> 	<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>		<p>See “juice drinks (not 100 percent juice), regular or low-calorie.”</p>	
<p>Milk, fat-free unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>Fat-free unflavored or flavored milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Milk, low-fat (1%) flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>The Smart Snacks standards prohibit sales to students on school premises during the school day.** Low-fat flavored milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if it meets the exemption criteria.*</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored milk and fat-free flavored or unflavored milk.</p>	<p>The Smart Snacks standards prohibit sales to students on school campus during the school day. Low-fat (1%) flavored milk can be sold after the school day.**</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored milk and fat-free flavored or unflavored milk.</p>		
<p>Milk, low-fat (1%) unflavored</p> 	<p>Low-fat (1%) unflavored milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Milk, reduced-fat (2%), flavored or unflavored</p> 	<p>The Smart Snacks standards prohibit sales of reduced-fat (2%) milk to students on school premises during the school day.** Reduced-fat (2%) flavored or unflavored milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if it meets the exemption criteria.*</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>		<p>The Smart Snacks standards prohibit sales of reduced-fat (2%) milk to students on school campus during the school day. Reduced-fat (2%) flavored or unflavored milk can be sold after the school day.**</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored milk and fat-free flavored or unflavored milk.</p>	
<p>Milk, whole, flavored or unflavored</p> 	<p>The Smart Snacks standards prohibit sales of whole milk to students on school premises during the school day.** Whole milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if it meets the exemption criteria.*</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>		<p>The Smart Snacks standards prohibit sales of whole milk to students on school campus during the school day. Whole flavored or unflavored milk can be sold after the school day.**</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Milk, LACTOSE-FREE, low-fat (1%) unflavored</p> 	<p>Low-fat (1%) unflavored lactose-free milk that complies with the state beverage statute (C.G.S. Section 10-221q) and the Smart Snacks beverage standards can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
<p>Milk, LACTOSE-FREE, fat-free unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>Fat-free unflavored or flavored lactose-free milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Milk, LACTOSE-FREE reduced-fat (2%), flavored or unflavored</p> 	<p>The Smart Snacks standards prohibit sales of reduced-fat (2%) milk to students on school premises during the school day.** Reduced-fat (2%) flavored or unflavored lactose-free milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if it meets the exemption criteria.*</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>	<p>The Smart Snacks standards prohibit sales of reduced-fat (2%) milk to students on school campus during the school day. Reduced-fat (2%) flavored or unflavored lactose-free milk can be sold after the school day.**</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored milk and fat-free flavored or unflavored milk.</p>		
<p>Milk, LACTOSE-FREE whole, flavored or unflavored</p> 	<p>The Smart Snacks standards prohibit sales of whole milk to students on school premises during the school day.** Whole milk that complies with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if it meets the exemption criteria.*</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>	<p>The Smart Snacks standards prohibit sales of whole milk to students on school campus during the school day. Whole flavored or unflavored milk can be sold after the school day.**</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA regulations for the NSLP and SBP, schools should only sell low-fat (1%) unflavored and fat-free flavored or unflavored milk.</p>		
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued




Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Rice milk products that do not comply with the USDA nutrition standards for fluid milk substitutes</p> 	<p>Commercial rice milk products do not currently meet the USDA nutrition standards for fluid milk substitutes. The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school premises during the school day. Rice milk products that comply with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if they meet the exemption criteria.*</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>	<p>The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school campus during the school day. Noncompliant milk substitutes can be sold after the school day.**</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>		
<p>Seltzer, WITHOUT added sweeteners***</p>	<p>See “Water (with or without carbonation) WITHOUT added sweeteners.”</p>	<p>See “Water (with or without carbonation) WITHOUT added sweeteners.”</p>		
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p> <p>*** Sweeteners include nutritive sweeteners with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and nonnutritive sweeteners without calories. Nonnutritive sweeteners include artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), “natural” sweeteners such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.</p>				

Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<div>Soda, diet</div> <div></div>	C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*		ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.** HIGH SCHOOLS: Diet soda that complies with the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, soda is considered a soft drink under Section 10-215b-1 of state regulations , and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.	
<div>Soda, regular</div> <div></div>	C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*		The Smart Snacks standards prohibit sales to students on school campus during the school day.**	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

Table 23. Restrictions for Beverages, continued


Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Soy milk products that comply with the USDA nutrition standards for fluid milk substitutes</p> 	<p>Soy milk products that comply with the USDA nutrition standards for fluid milk substitutes and the C.G.S. Section 10-221q can be sold to students on school premises at any time in portion sizes up to 8 fluid ounces for elementary students and 12 fluid ounces for middle and high students. However, if sold within 30 minutes before or 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales of compliant soy milk to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Soy milk products that do NOT comply with the USDA nutrition standards for fluid milk substitutes</p> 	<p>The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school premises during the school day.** Soy milk products that comply with the state beverage statute (C.G.S. Section 10-221q) can be sold after the school day or on the weekend if they meet the exemption criteria.*</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>	<p>The Smart Snacks standards prohibit sales of noncompliant milk substitutes to students on school campus during the school day. Noncompliant milk substitutes can be sold after the school day.**</p> <p>For information on milk substitutes, see the CSDE's handout, Allowable Milk Substitutions for Nondisabled Children. For information on milk substitutes in school meals for children with disabilities, see the CSDE's Accommodating Special Dietary Needs in School Nutrition Programs.</p>		
<p>* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.</p> <p>** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.</p>				

Table 23. Restrictions for Beverages, continued



Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
Sparkling Water, WITHOUT added sweeteners***	See “Water (with or without carbonation) WITHOUT added sweeteners.”		See “Water (with or without carbonation) WITHOUT added sweeteners.”	
Sports drinks, regular 	C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*		The Smart Snacks standards prohibit sales to students on school campus during the school day.**	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores..

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

*** Sweeteners include **nutritive sweeteners** with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial sweeteners** (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), **“natural” sweeteners** such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and **sugar alcohols**, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.


Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Sports drinks, low-calorie and zero calorie</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Low-calorie and zero calorie sports drinks that comply with the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, sports drinks are considered soft drinks under Section 10-215b-1 of state regulations, and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p>	
<p>Tea, regular, decaffeinated, herbal and iced</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Tea that complies with the standards for “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces.** However, Section 10-215b-1 of state regulations prohibits sales of tea to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p> <p>Added accompaniments such as cream, milk, sugar and honey must be included when evaluating tea for compliance with Smart Snacks. For more information, see table 21 in section 3.</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores..

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.



Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Water (with or without carbonation) WITH added sweeteners***</p> 	<p>C.G.S. Section 10-221q prohibits sales to students on school premises at all times.*</p>		<p>ELEMENTARY AND MIDDLE SCHOOLS: The Smart Snacks standards prohibit sales to students on school campus during the school day.**</p> <p>HIGH SCHOOLS: Beverages that comply with the standards for the category of “other flavored and/or carbonated beverages” can be sold in portion sizes up to 12 fluid ounces. However, sweetened water beverages are considered soft drinks under Section 10-215b-1 of state regulations, and cannot be sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs.</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

Table 23. Restrictions for Beverages, continued


Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
<p>Water (with or without carbonation) WITHOUT added sweeteners***, e.g., seltzer, sparkling water</p> 	<p>C.G.S. Section 10-221q allows sales to students at any time in any portion size. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>		<p>The Smart Snacks standards allow sales to students on school campus at any time in portion sizes up to 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account.</p> <p>Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.</p>	
<p>Water (with or without carbonation) fortified with vitamins, WITH added sweeteners***</p> 	<p>See "Water (with or without carbonation) WITH added sweeteners."</p>		<p>See "Water (with or without carbonation) WITH added sweeteners."</p>	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The "school day" is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

*** Sweeteners include **nutritive sweeteners** with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive sweeteners** without calories. Nonnutritive sweeteners include **artificial sweeteners** (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), **"natural" sweeteners** such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and **sugar alcohols**, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.

Table 23. Restrictions for Beverages, continued

Beverage	Public Schools		Private Schools	RCCIs
	HFC	Non-HFC		
Water (with or without carbonation) fortified with vitamins, WITHOUT added sweeteners***	See “Water (with or without carbonation) WITHOUT added sweeteners.”		See “Water (with or without carbonation) WITHOUT added sweeteners.”	
Water, plain (no added ingredients) 	C.G.S. Section 10-221q allows sales to students on school premises at any time in any portion size. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account. Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.		The Smart Snacks standards allow sales to students on school campus at any time in any portion size. However, if sold to students on school premises from 30 minutes before up through 30 minutes after any USDA school nutrition programs, Section 10-215b-23 of state regulations requires that the income must accrue to the nonprofit food service account. Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.	

* Beverages that do not comply with the state beverage statute can only be sold to students in public schools if the board of education or school governing authority has voted to allow exemptions and the beverages are sold at the location of an event that occurs after the school day or on the weekend. Noncompliant beverages can never be sold from vending machines or school stores.

** The “school day” is the period from midnight before to 30 minutes after the end of the official school day. The CSDE strongly encourages schools to promote consistent health messages to students by eliminating sales of noncompliant beverages on school premises at all times.

*** Sweeteners include **nutritive sweeteners** with calories (e.g., sugar, honey, fruit juice concentrate and high fructose corn syrup) and **nonnutritive** sweeteners without calories. Nonnutritive sweeteners include **artificial sweeteners** (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), **“natural” sweeteners** such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf) and **sugar alcohols**, e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol and erythritol.

6 — RESOURCES

This section provides information on resources to assist Connecticut schools and institutions with implementing the state and federal requirements for competitive foods and beverages. It includes links to state and federal regulations, policy memoranda, Web sites and the CSDE's guides, resource lists, forms and handouts.

Regulations and Policy

Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service (Operational Memorandum 31-11). Connecticut State Department of Education, July 29, 2011.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/11/om_31_11.pdf

Child Nutrition Reauthorization 2010: Water Availability during National School Lunch Program Meal Service (Operational Memorandum 31-11 Attachment). Connecticut State Department of Education, July 29, 2011.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/11/om_31_11.pdf

Code of Federal Regulations (CFR) for the National School Lunch Program (7 CFR 210). U.S. Department of Agriculture. www.fns.usda.gov/sites/default/files/7cfr210_2014.pdf

Code of Federal Regulations (CFR) for the School Breakfast Program (7 CFR 220). U.S. Department of Agriculture. www.fns.usda.gov/sites/default/files/7cfrpart220_2014.pdf

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215). U.S. Department of Agriculture. www.fns.usda.gov/sites/default/files/7cfr215_2014.pdf

Comparison of Programs SFSP/NSLP/Seamless Summer Option. U.S. Department of Agriculture, October 19, 2011. www.fns.usda.gov/comparison-programs-sfspnslpseamless-option

Evaluating Products for Compliance with the Whole Grain-rich Criteria for School Nutrition Programs (Operational Memorandum 22-14). Connecticut State Department of Education, April 11, 2014. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_22-14.pdf

Federal and State Requirements for Culinary Education Programs (Smart Snacks versus Connecticut Nutrition Standards) (Operational Memorandum 31-14). Connecticut State Department of Education, April 25, 2014.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_31-14.pdf

Federal and State Requirements for Grain-Only Entrees (Smart Snacks versus Connecticut Nutrition Standards) (Operational Memorandum 29-14). Connecticut State Department of Education, April 25, 2014.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_29-14.pdf

Final Rule: Nutrition Standards for the National School Lunch and Breakfast Programs (77 FR 4088). U.S. Department of Agriculture, January 26, 2012. www.gpo.gov/fdsys/pkg/fr-2012-01-26/pdf/2012-1010.pdf

Grain Requirements for the National School Lunch Program and School Breakfast Program (SP 30-2013). U.S. Department of Agriculture, April 26, 2012. www.fns.usda.gov/es/node/5693

Guidance for Industry, A Food Labeling Guide — Appendix A: Definitions of Nutrient Content Claims. U.S. Food and Drug Administration, Revised January 2013. www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm064911.htm

Guidance for Industry, A Food Labeling Guide — Appendix B: Additional Requirements for Nutrient Content Claims. Food and Drug Administration, Revised January 2013. www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm064916.htm

Guidance for Industry, A Food Labeling Guide — Appendix H: Rounding the Values According to FDA Rounding Rules. U.S. Food and Drug Administration, Revised January 2013. www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm064932.htm

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296). www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm

Implementation of Smart Snacks in School: State Agency Fundraiser Elections and Exemptions (Operational Memorandum 11-15). Connecticut State Department of Education, December 15, 2014. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om_11-15.pdf

Questions and Answers on Connecticut Statutes for School Foods and Beverages. Connecticut State Department of Education, Revised March 2014. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hf_q&a.pdf

Questions and Answers on Smart Snacks. U.S. Department of Agriculture, Revised 2015. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/smartsnacksqa.pdf

Smart Snacks Standards for Exempt Foods when Paired Together (Operational Memorandum 59-14). Connecticut State Department of Education, January 4, 2013. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_59-14.pdf

Smart Snacks Nutrition Standards and Exempt Fundraisers (Operational Memorandum 30-14). Connecticut State Department of Education, April 25, 2014. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_30-14.pdf

Water Availability during National School Lunch Program Meal Service (Operational Memorandum 20-11). Connecticut State Department of Education, April 19, 2011. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/11/om_20_11.pdf

Web Sites

Beverage Requirements (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418

Competitive Foods (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Competitive Foods and Beverages (USDA):

healthymeals.nal.usda.gov/local-wellness-policy-resources/all-foods-available-campus/competitive-foods-and-beverages

Connecticut Child Nutrition Programs (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670

Connecticut General Statutes (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322416

Connecticut Nutrition Standards (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322422

Dietary Guidelines for Americans (USDA):

www.health.gov/dietaryguidelines/2010.asp

Evaluating Foods for Compliance with Connecticut Nutrition Standards (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Food Labeling Guide (Food and Drug Administration):

www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm2006828.htm

Healthy Food Certification (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

Healthy Food Certification Application Forms (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424

Healthy Food Certification Documentation Forms:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428

Healthy Food Certification Requirements (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426

List of Acceptable Foods and Beverages (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322432

MyPlate (USDA):

www.choosemyplate.gov/

Nutrition Education Resources (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Nutrition Standards for School Meals (USDA):

www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm

Operational Memos (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550

Policy Memos for School Meals: National School Lunch Program,
School Breakfast Program and Special Milk Program (USDA):

www.fns.usda.gov/school-meals/policy

Policy Memos for the National School Lunch Program (USDA):

www.fns.usda.gov/nslp/policy

Program Guidance (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674

Resources for School Nutrition Programs (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786

School Foods and Beverages – Federal and State Requirements (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416

School Wellness Policies (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438

School Wellness Policy Resources (USDA):

healthymeals.nal.usda.gov/local-wellness-policy-resources

Smart Snacks in Schools Resources (USDA):

healthymeals.nal.usda.gov/smartsnacks

Smart Snacks Nutrition Standards (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400

Smart Snacks Tools for Schools (USDA):

www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks

Team Nutrition (USDA):

www.fns.usda.gov/tn/team-nutrition

CSDE Guides

Accommodating Special Dietary Needs in School Nutrition Programs

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333730

Action Guide for School Nutrition and Physical Activity Policies

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436

Guide to Competitive Foods in Schools

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

Menu Planning Guide for School Meals

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

CSDE Resource Lists

The CSDE resource lists are available on the CSDE's [Resources for School Nutrition Programs](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786) Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786.

- *Nutrition Resources:* This list contains online resources related to nutrition guidelines and information, menu planning and food production, special diets, food safety and the USDA Child Nutrition Programs.
- *Healthy School Environment Resources:* This list contains online resources to assist USDA programs with promoting healthy eating and physical activity, and includes the following sections:
 - Foods Available Outside of School Meals;
 - Health and Achievement;
 - Nutrition Education;
 - Nutrition Education Resources for Schools (PowerPoint);
 - Physical Activity and Physical Education;
 - Promoting Healthy Weight; and
 - Wellness Policies for Schools and Child Care.

Handouts and Forms

All forms and handouts can be accessed on the CSDE's Web site from the [Program Guidance](#) Web page, or the direct links listed below.

BEVERAGE REQUIREMENTS

Allowable Beverages in Connecticut Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/allowbev.pdf

Allowable Milk Substitutes:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milk_sub.pdf

Requirements for Beverages Containing Water and Juice:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuicebev.pdf

Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf

COMPETITIVE FOODS

Comparison Chart: USDA Smart Snacks and Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cnscomparisonchart.pdf

Connecticut Competitive Foods Regulations:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf

Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundhfc.pdf

Food and Beverage Requirements for Fundraisers in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for School Stores in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storehfc.pdf

Food and Beverage Requirements for School Stores in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf

Food and Beverage Requirements for Vending Machines in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf

Food and Beverage Requirements for Vending Machines in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendhfc.pdf

Food and Beverage Requirements for Vending Machines in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf

Guide to Competitive Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

Overview of Requirements for Competitive Foods in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqpr.pdf

COMPETITIVE FOODS, continued

Overview of Requirements for Competitive Foods in Public Schools Not Choosing HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqnonhfc.pdf

Questions and Answers on Smart Snacks:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/smartsnacksqa.pdf

State Statutes and Regulations on School Foods and Beverages

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416

Summary of USDA Smart Snacks Nutrition Standards for Competitive Foods:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf

CONNECTICUT NUTRITION STANDARDS

Comparison Chart: USDA Smart Snacks and Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cnscomparisonchart.pdf

Connecticut Nutrition Standards for Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf

Evaluating Foods for Compliance Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

HFC Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Summary of Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/summarycns2015.pdf

EVALUATING FOODS (CONNECTICUT NUTRITION STANDARDS)

Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evalrecipe.pdf

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Submitting Food and Beverage Products for Approval:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submitproduct.pdf

Worksheet 1 Snacks:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet1.xls

Worksheet 2 Yogurt and Pudding:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet2.xls

Worksheet 3 Smoothies:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet3.xls

Worksheet 4 Fruits and Vegetables:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet4.xls

Worksheet 5 Soups:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet5.xls

Worksheet 6 Cooked Grains:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet6.xls

EVALUATING FOODS (CONNECTICUT NUTRITION STANDARDS), continued

Worksheet 7 Entrees:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet7.xls

Worksheet 8 Non-entree Combination Foods:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet8.xls

Worksheet 9 Nutrient Analysis of Recipes:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet9.xls

Worksheet 10 Evaluating Recipes for Trans Fat:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet10.xls

Worksheet 11 Evaluating Recipes for Sugars:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls

HFC APPLICATION FORMS

Application Procedures for HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/application.pdf

Checklist for HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/appcheckhfc.pdf

District Contact and Information Sheet:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/districtcontact.pdf

HFC Letter for Superintendents:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/covletter_hf.pdf

HFC Statement:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/ed099add.pdf

HFC Statement Instructions:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/instrhfc.pdf

Responsibilities of HFC District Contact Person:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/districtcontactresp.pdf

HFC DOCUMENTATION FORMS

Checklist for HFC Documentation:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/doccheckhfc.pdf

Districts Required to Submit Food and Beverage Lists:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428

Documenting Compliance with HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/documentation.pdf

Ensuring District Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensurehfc.pdf

Guidance for Documenting Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/guidehfcdoc.pdf

Responsibilities of HFC District Contact Person:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/districtcontactresp.pdf

HFC REQUIREMENTS

Ensuring District Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensurehfc.pdf

HFC Overview:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/reqhfc.pdf

Questions and Answers on Connecticut Statutes for School Foods and Beverages:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundhfc.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/storehfc.pdf

Food and Beverage Requirements for Vending Machines in HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/vendhfc.pdf

Requirements for Selling Foods and Beverages in Adult Education Programs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/adultedhfc.pdf

Resources for Healthy Foods and Beverages in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/resourceshf.pdf

Sample Fundraiser Form:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf

www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/fundformhfc.doc

Understanding HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/understandhfc.pdf

HEALTHY SCHOOL ENVIRONMENTS

Action Guide for School Nutrition and Physical Activity Policies:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436

Alternatives to Food Rewards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/food_rewards.pdf

Guidelines for a Coordinated Approach to School Health:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/guidelines_csh.pdf

Healthy Celebrations:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/healthy_celebrations.pdf

Healthy Fundraising:

www.sde.ct.gov/sde/lib/sde/pdf/nutrition/cf/healthyfund.pdf

Healthy School Environment Resources Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Requirements for School Wellness Policy:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/school_wellness.pdf

LIST OF ACCEPTABLE FOODS AND BEVERAGES

List of Vendors Selling Healthy Foods and Beverages:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblast/vendorcontact.pdf

Submitting Food and Beverage Products for Approval:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblast/submitproduct.pdf

Summary of Updates:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblast/updatesfb.pdf

SMART SNACKS

Federal and State Requirements for Culinary Education Programs: Smart Snacks versus Connecticut Nutrition Standards (Operational Memorandum 31-14)

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_31-14.pdf

Federal and State Requirements for Grain-Only Entrees: Smart Snacks versus Connecticut Nutrition Standards (Operational Memorandum 29-14)

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_29-14.pdf

Food and Beverage Requirements for Fundraisers in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundpr.pdf

Food and Beverage Requirements for School Stores in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf

Food and Beverage Requirements for School Stores in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf

Food and Beverage Requirements for Vending Machines in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf

Food and Beverage Requirements for Vending Machines in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf

Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School

https://www.partnerweb.usda.gov/communities/cndpolicy2/cnd%20resources/fundraisers_factsheet.pdf

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013):

www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf

Overview of Requirements for Competitive Foods in Non-HFC Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqnonhfc.pdf

Overview of Requirements for Competitive Foods in Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqpr.pdf

Questions and Answers on Smart Snacks:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacksqa.pdf

Smart Snacks Calculator (Alliance for a Healthier Generation)

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=335400

Smart Snacks Calculator Web Page:

<http://rdp.healthiergeneration.org/calc/calculator/>

SMART SNACKS, continued

Smart Snacks in School: Fundraisers (USDA)

www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf

Smart Snacks Nutrition Standards and Exempt Fundraisers (Operational Memorandum 30-14)

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_30-14.pdf

Smart Snacks Product List (Alliance for a Healthier Generation)

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator

Smart Snacks Product List Web Page:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720

Smart Snacks Standards for Exempt Foods when Paired Together (Operational Memorandum 59-14)

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_59-14.pdf

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf

Tools for Schools: Focusing on Smart Snacks Web Page:

www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks



GLOSSARY

This section includes definitions for terms that apply to the state and federal nutrition standards for competitive foods. Due to state legislative requirements, some terms apply only to the CNS or have a different definition from the USDA Smart Snacks terms. This is indicated by “*CNS only*” or “*USDA Smart Snacks only*” in red italics in parentheses after the term. All other definitions apply to both state and federal requirements.

a la carte sales: Foods and beverages that are sold separately from reimbursable meals in the USDA school nutrition programs. For more information, see “competitive foods” in this section.

accompaniments: (*CNS only*) Foods that accompany another food or beverage item, such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing. Foods must be evaluated for compliance with the CNS based on the amount of the food item as served including any added accompaniments, e.g., bagel with cream cheese, waffles with syrup, WGR pasta with butter, duck sauce with egg rolls and fruit crisp with whipped cream. For more examples, see [table 11](#) in section 2.

accompaniments: (*USDA Smart Snacks only*) Foods that accompany another food or beverage item, such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing. Foods must be evaluated for compliance with the Smart Snacks nutrition standards based on the amount of the food item as served including any added accompaniments, e.g., bagel with cream cheese, waffles with syrup, WGR pasta with butter, duck sauce with egg rolls and fruit crisp with whipped cream.. For more examples, see [table 16](#) in section 2 (non-HFC public schools) and [table 21](#) in section 3 (private schools and RCCIs). For **high schools only**, beverages in the category of “other flavored and/or carbonated beverages” are evaluated for compliance with the Smart Snacks nutrition standards based on the amount of the beverage item as served including any added accompaniments, e.g., coffee with milk, cream and sugar, tea with milk, cream and honey, and hot chocolate with milk and marshmallows.

added sugars: Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains and dairy products. Examples of added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar and syrup.

Afterschool Snack Program (ASP): The USDA’s federally assisted snack program implemented through the National School Lunch Program (NSLP). The ASP provides cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth. Schools must provide children with regularly scheduled activities in an organized, structured and supervised environment that includes educational or enrichment activities, e.g., mentoring/tutoring programs. Programs must meet state or local licensing requirements and health and safety standards. For more information, see the CSDE’s [Afterschool Snack Program](#) Web page.

artificial sweeteners: (*CNS only*) Ingredients without calories that are used as sugar substitutes to sweeten foods and beverages. Artificial sweeteners are hundreds of times sweeter than sugar. Common artificial sweeteners include acesulfame potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One), aspartame (Nutrasweet, Equal), neotame, saccharin (Sweet and Low, Sweet Twin, Sweet 'N Low Brown, Necta Sweet), sucralose (Splenda) and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. For more information, see “nonnutritive sweeteners” in this section.

Child Nutrition Programs: The USDA’s federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Fresh Fruit and Vegetable Program (FFVP) and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, see the CSDE’s [Child Nutrition Programs](#) Web page.

combination foods: Foods that contain more than one food component such as pizza, burritos, vegetable egg rolls and smoothies made with milk and fruit. For example, macaroni and cheese contains pasta (grains) and cheese (meat/meat alternate). Combination foods generally cannot be separated (such as pizza or a burrito) or are not intended to be separated (such as hamburger on a bun or turkey sandwich).

competitive foods: (*CNS only*) All foods and beverages available for sale to students **anytime** on school premises other than meals served through the USDA school meal programs. Competitive food sales include, but are not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. For other potential sources of food sales, see [table 4](#) (beverages) and [table 8](#) (foods) in section 2. For more information, see “a la carte sales” in this section.

competitive foods: (*USDA Smart Snacks only*) All foods and beverages available for sale to students during the **school day** on school campus, other than meals served through the USDA school meal programs. Competitive food sales include, but are not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. For more information, see “a la carte sales” in this section.

Connecticut Nutrition Standards: (*CNS only*) State nutrition standards developed by the Connecticut State Department of Education per Section 10-215e of the Connecticut General Statutes. The CNS address the nutritional content of all foods sold to students separately from reimbursable school meals. The standards limit calories, fat, saturated fat, sodium and added sugars, eliminate trans fat, and promote more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes and lean meats. All schools in any district that chooses to comply with HFC under Section 10-215f of the Connecticut General Statutes must follow the CNS for all sources of food sales to students, including school cafeterias, vending machines, school stores, fundraisers and any other sources. The CNS also apply to snacks served in the Afterschool Snack Program. For more information, see the CSDE’s [Connecticut Nutrition Standards](#) Web page.

creditable food: A food or beverage that can be counted toward the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs. For more information, see the CSDE’s [Menu Planning Guide for School Meals](#) and [Crediting Foods](#) Web page.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and to reduce risk for chronic diseases through diet and physical activity. The [Dietary Guidelines for Americans](#) is published jointly every five years by the U.S. Department of Health and Human Services and the USDA, and forms the basis of federal food, nutrition education and information programs. For more information, see the [Dietary Guidelines](#) Web page at health.gov/dietaryguidelines/.

enriched grains: Refined grains (such as wheat, rice and corn) and grain products (such as cereal, pasta and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B₁), riboflavin (B₂), niacin (B₃), folic acid and iron. For more information, see the CSDE’s handout, [Crediting Enriched Grains](#).

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, see “enriched grains” in this section.

entrees: (*CNS only*) For the CNS, entrees include three categories of main dish food items: 1) a combination food of meat/meat alternate and whole grain-rich (WGR) food, e.g., breakfast egg sandwich on a whole-wheat English muffin, turkey wrap on whole-wheat tortilla, pizza with WGR crust, hamburger on a whole-grain bun and bean burrito with whole-corn tortilla; 2) a combination food of vegetable/fruit and meat/meat alternate, e.g., chef’s salad with turkey, cheese and hard-boiled egg, cheese and egg, fruit and cheese platter, yogurt and fruit parfaits, school-made yogurt and fruit smoothies, baked potato with chili and chicken vegetable stir-fry; and 3) a meat/meat alternate alone (e.g., sausage patty, hard-boiled egg, grilled chicken), excluding yogurt, low-fat or reduced fat cheese, nuts, seeds, nut/seed butters and meat snacks, e.g., jerky and meat sticks. Yogurt served alone, cheese, nuts, seeds, nut/seed butters and meat snacks must meet the nutrition standards for the “Snacks” category.

entrees: (*USDA Smart Snacks only*) For the USDA Smart Snacks nutrition standards, entrees include three categories of main dish food items: 1) a combination food of meat or meat alternate and whole grain-rich food; 2) a combination food of vegetable or fruit and meat or meat alternate; and 3) a meat or meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks. At **breakfast only**, the entree definition also includes grain-only items, such as bagels, muffins and waffles. Schools can determine which grain-only items are defined as entree items for breakfasts offered as part of the SBP.

event: (*CNS only*) An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and interscholastic debates are events but soccer practices, play rehearsals and debate team meetings are not. For more information, see [table 6](#) in section 2.

extra foods: See “noncreditable foods” in this section.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium), and to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., fortifying “energy” bars made from processed flour with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

fundraisers: Any activities conducted by any school-related or outside organization or group on school premises, during which money or its equivalent (e.g., tickets, coupons, tokens and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. Fundraisers also include any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruits and vegetables. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state. The name of the full-strength fruit or vegetable juice as it appears on the label must include the words “juice” or “full-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” For more information, see the CSDE’s handout, [Crediting Juice](#).

Healthy Food Certification: (*CNS only*) A state statute (Section 10-215f of the Connecticut General Statutes) that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the CNS for all foods sold to students separately from reimbursable meals. Districts that choose to implement the CNS receive 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year. For more information, see “Connecticut Nutrition Standards” in this section and the CSDE’s [Healthy Food Certification](#) Web page.

hydrogenated oils: Oils that have undergone hydrogenation, a chemical process that adds hydrogen and changes the structure of unsaturated fatty acids to increase shelf life and flavor stability. Hydrogenation turns oils that are liquid at room temperature into solids, e.g., shortening and margarine. Oils can be either completely or partially hydrogenated. Partial hydrogenation results in the formation of trans fat, a type of fat that increases the risk for cardiovascular disease. For more information, see “trans fat” in this section.

juice drink: A product resembling juice that contains full-strength juice with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks are not 100 percent juice and do not comply with the CNS. For non-HFC public schools, private schools and RCCIs, juice drinks that comply with the Smart Snacks standards for the category of “Flavored and/or Carbonated Beverages” are allowable for **high school students only**.

meals: See “reimbursable meals” in this section.

meal pattern: The required food components and minimum serving sizes that schools and institutions participating in the USDA Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to children. For information on the meal patterns for the NSLP and SBP, see section 1 of the CSDE’s *Menu Planning Guide for School Meals*.

MyPlate: Released in June 2011, MyPlate is the USDA’s food guidance system to translate the *Dietary Guidelines for Americans* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains and low-fat dairy. For more information, see the [Choose MyPlate](http://www.choosemyplate.gov/) Web site at www.choosemyplate.gov/.

natural cheese: (*CNS only*) Cheese that is produced directly from milk such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta and brie. Natural cheese also includes pasteurized blended cheese that is made by blending one or more different kinds of natural cheese. Natural cheese does not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

National School Lunch Program (NSLP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, see the CSDE’s [National School Lunch Program](#) Web page.

noncreditable foods: Foods and beverages that do not credit toward the meal pattern requirements of the USDA Child Nutrition Programs. For more information, see the CSDE’s handout, *Noncreditable Foods*, and the CSDE’s *Menu Planning Guide for School Meals*.

nonnutritive sweeteners: Ingredients without calories that are used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners can be 200 to 600 times sweeter than sugar. They include artificial sweeteners such as acesulfame-potassium, neotame, saccharin and sucralose and “natural” sweeteners such as stevia (e.g., Rebiana, Rebaudioside A, Truvia, PureVia and SweetLeaf). For a list of artificial sweeteners, see “artificial sweeteners” in this section.

nutritive sweeteners: Sugars and sweeteners that contain calories and are used to sweeten foods and beverages. Examples include brown rice syrup, brown sugar, corn sweetener, corn syrup, corn syrup solids, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, maple syrup, nectars (e.g., peach nectar, pear nectar), raw sugar, sorghum syrup, sucrose and syrup.

nutrient-dense foods: Foods that provide substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Nutrient-dense foods include lean sources of protein and/or complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and beans. Foods and beverages that are not nutrient dense provide calories from fat, added sugars and processed carbohydrates but relatively small amounts of nutrients (and sometimes none at all), unless they are fortified.

nutrient-rich foods: See “nutrient-dense foods” in this section.

partially hydrogenated oils: Oils that have been chemically altered to change their consistency from liquid to semi-solid, e.g., margarine. This process results in the formation of trans fat, a type of fat that increases the risk for cardiovascular disease. When products contain partially hydrogenated oils, they will be listed in the ingredients statement, e.g., partially hydrogenated cottonseed and partially hydrogenated soybean oil. For more information, see “trans fat” in this section.

polyunsaturated fat: A type of unsaturated fat that is found in fatty cold-water fish (e.g., salmon, mackerel and herring), nuts, seeds and liquid vegetable oils, such as safflower, sesame, soy, corn and sunflower. Polyunsaturated fat may help lower blood cholesterol when consumed as part of an overall diet that is moderate in fat.

portion: See “serving size” in this section.

primary grain ingredient: The first grain ingredient listed in the product’s ingredients statement.

product fact sheet: See “product specification sheet” in this section.

public schools: (*CNS only*) Connecticut public schools include the regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies

reimbursable meals: Meals or snacks that comply with the requirements of the USDA regulations for Child Nutrition Programs.

saturated fat: A type of fat that raises blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fat include animal products such as cheese, beef, milk, oils, snack foods, butter and lard, and tropical vegetable oils such as palm, palm kernel and coconut. For more information, see “solid fats” and “trans fat” in this section.

School Breakfast Program (SBP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, see the CSDE’s [School Breakfast Program](#) Web page.

school campus: (*USDA Smart Snacks only*) All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

school day: The period from midnight before to 30 minutes after the end of the official school day.

school food authority (SFA): The governing body that is responsible for the administration of one or more schools and has the legal authority to operate the USDA school nutrition programs, e.g., National School Lunch Program, School Breakfast Program, Afterschool Snack Program and Special Milk Program.

school premises (*CNS only*): All areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.

Seamless Summer Food Program (SSFP): The USDA’s federally assisted summer feeding program that combines features of the NSLP, SBP and Summer Food Service Program (SFSP) and serves meals free of charge to children ages 18 and younger from low-income areas. School districts participating in the NSLP or SBP are eligible to apply to the CSDE to participate in the SSFP. SSFP meals follow the meal patterns of the NSLP and SBP. For more information, see the [Seamless Summer Food Program](#) Web page.

serving size: The weight, measure or number of pieces or slices of a food, or volume of a beverage, provided to students. The individual serving size or package cannot exceed 480 calories for entrees or 200 calories for all other foods. All foods and beverages are evaluated for compliance with the CNS and Smart Snacks nutrition standards based on the amount of the food item **as served** including any added accompaniments. For more information, see “accompaniments” in this section.

side dishes: (*USDA Smart Snacks only*) Any food items that do not meet the Smart Snacks definition for entrees. For more information, see “entrees (*USDA Smart Snacks only*)” in this section.

simple carbohydrates (sugars): Carbohydrates consisting of one sugar (e.g., fructose and galactose) or two sugars (e.g., lactose, maltose, sucrose). Sugars can be naturally present in foods (such as fructose in fruit or lactose in milk) or added to foods (such as sucrose or table sugar). Foods that naturally contain simple carbohydrates (such as fruits, milk and milk products and some vegetables) also contain vitamins and minerals. Foods that contain large amounts of added sugars (such as cookies, candy, pastries, sweetened baked goods, regular soft drinks and other sweetened drinks) provide calories with few, if any, nutrients. For more information, see “added sugars” in this section.

sodium: A mineral that helps maintain the body’s fluid balance and blood pressure. Diets that are high in sodium can increase the risk of high blood pressure in individuals who are sodium sensitive.

solid fats: Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin and many baked goods such as cookies, crackers, donuts, pastries and croissants. Solid fats contain more saturated fat and/or trans fat. For more information, see “saturated fat” and “trans fat” in this section.

Special Milk Program (SMP): The USDA’s federally assisted program that provides milk to children in schools and child care institutions that do not participate in other federal meal service programs. The SMP reimburses schools for the milk they serve. Schools in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the school meal programs. For more information, see the CSDE’s [Special Milk Program](#) Web page.

standard of identity for food: The mandatory government requirements that determine what a food product must contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring a label accurately reflects what is inside, e.g., mayonnaise is not an imitation spread, and ice cream is not a similar, but different, frozen dessert. Standards for meat and poultry products are developed by the USDA. For other food products, standards are set by the Food and Drug Administration (FDA).

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield and portion size.

sucrose: Another name for table sugar. Sucrose contains glucose and fructose. For more information, see “simple carbohydrates (sugars) in this section.

sugar alcohols (polyols): (*CNS only*) A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body, and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Consuming large amounts of sugar alcohols may cause bloating, gas or diarrhea. For more information, see “nonnutritive sweeteners” in this section.

sugars: See “added sugars” and “simple carbohydrates” in this section.

Summer Food Service Program (SFSP): The USDA’s federally assisted summer feeding program for children ages 18 and younger that provides nutritious meals when schools end for the summer. For more information, see the CSDE’s [Summer Food Service Program](#) Web page.

Sweeteners: Nutritive and nonnutritive ingredients used to sweeten foods and beverages. Nutritive sweeteners provide calories. Nonnutritive sweeteners include artificial sweeteners and “natural” sweeteners that do not provide calories. For more information, see “added sugars,” “artificial sweeteners” and “nonnutritive sweeteners” in this section.

total sugars: All sources of sugars including naturally occurring (e.g., fruits, vegetables and milk) and added (e.g., brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar and syrup). For more information, see “added sugars” and “simple carbohydrates” in this section.

trans fat: A type of saturated (solid) fat that increases the risk factors for cardiovascular disease. Like saturated fats, trans fats raise “bad” low-density lipoproteins (LDL) cholesterol. However, unlike saturated fats, they also decrease “good” high-density lipoproteins (HDL) cholesterol. Small amounts of trans fats occur naturally in some foods of animal origin, e.g., dairy products, beef and lamb. However, most trans fats in the American diet are artificially made as the result of “hydrogenation,” a process where liquid vegetable oils are made into a solid (saturated) fat. Trans fats are used by manufacturers to increase shelf life and enhance the flavor and texture of food products. They are found in processed foods made with partially hydrogenated oils such as cakes, cookies, crackers, snack chips, fried foods and margarine. For more information, see “partially hydrogenated oils” in this section.

whole foods: Foods that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars or sodium.

whole fruits and vegetables: Fresh, frozen, canned and dried fruits and vegetables that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars or sodium.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran and the germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat and bulgur (cracked wheat). For more information, see the CSDE’s handout, [*Identifying Whole Grains*](#).

whole grain-rich: Whole grain-rich products must contain at least 50 percent whole grains, any other grain ingredients must be enriched and any noncreditable grains must be less than two percent ($\frac{1}{4}$ ounce equivalent) of the product formula. To comply with this limit, the combined total of all noncreditable grains in one serving of the product cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for groups H (cereal grains) and I (ready-to-eat breakfast cereals) of the USDA ounce equivalents chart. For more information, see the CSDE’s handout, [*Criteria for Whole Grain-rich Foods*](#), and section 2 the CSDE’s [*Menu Planning Guide for School Meals*](#).

